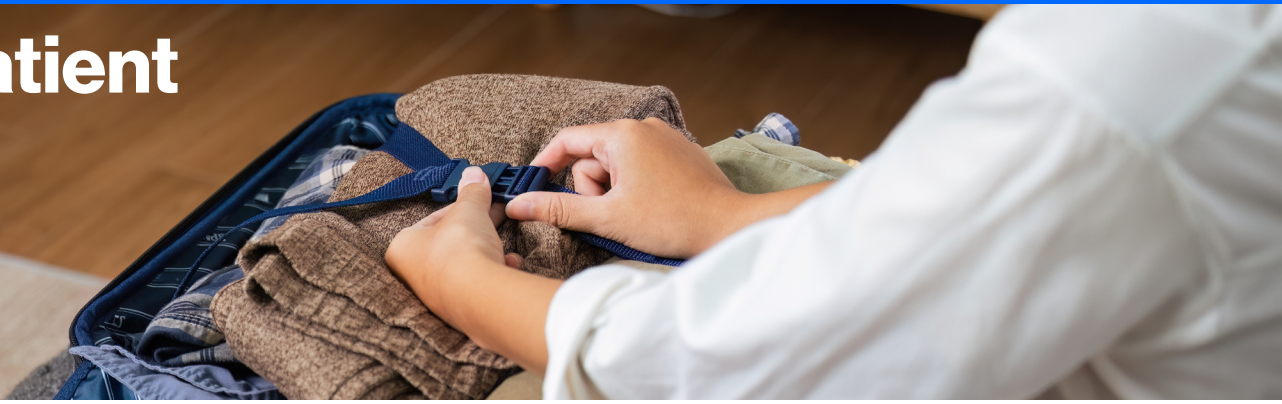


New Patient Q&A



Starting treatment can be scary and overwhelming. This resource of questions, tips, and support options was put together by kidney patients to help you ease into this new chapter of your life.



What should I bring?

- A notebook to write down how you are feeling, questions that come up, and to take notes.
- A blanket, small pillow, comfortable and warm clothes.
- A bag packed with things to help pass the time, such as a word search, sudoku, adult coloring books, and tablet/iPad to watch TV, play games, listen to music, or even work. Bring headphones!
- Hand sanitizer and/or sanitizing wipes to keep yourself protected against germs.
- A small, kidney-friendly snack, if allowed by the facility



How do I find support?

Ask if your facility has a Facility Peer in Action or Peer Mentor. This is another patient you can connect with who can help you with questions about dialysis. There are many virtual and in person support groups for kidney patients. Your social worker can help you find a group. Some examples are your ESRD Network, faith-based community groups, and kidney community groups through the National Kidney Foundation (NKF) or the American Association of Kidney Patients (AAKP).





What questions should I ask?

- How do I get on the transplant wait list?
- How can I get more education on all of the different dialysis modalities?
- What is the role of each staff member at my dialysis facility?
- Does my kidney doctor partner with other kidney doctors who might see me during dialysis?
- How often will I see my kidney doctor (Nephrologist)?
- Is my support partner allowed to come with me to treatment?
- Am I allowed to bring(kidney/diabetic friendly) snacks into my facility?
- How can I get more information on getting my permanent access placed?
- Who can help me learn more about my health insurance?
- How can I set up transportation to and from dialysis, and where do I find information on local transportation?
- Where are the emergency exits, and what is my facility's plan for an emergency?
- How can I work with my dietician to find kidney friendly recipes?



Use this space to take notes, and write down questions:

For more information or to file a grievance, please contact:

ESRD Network 10
911 E. 86th St., Ste. 30
Indianapolis, IN 46240
Toll-Free: 800-456-6919

ESRD Network 12
2300 Main St., Ste. 900
Kansas City, MO 64108
Toll-Free: 800-444-9965

