NATIONAL KIDNEY FOUNDATION®

IgA NEPHROPATHY: QUESTIONS TO ASK YOUR CARE TEAM ABOUT YOUR TREATMENT

This checklist can help you get ready to talk with your care team about your IgA nephropathy (IgAN) treatment. Before your next visit, scan the list and check off the questions you want to ask. Then, bring this checklist with you so you can write down the answers and help remember important details when you get back home.

Before Your Visit: Get Ready

Use this space to write down things you want to share with your care team:

My symptoms or recent changes I've noticed: _____

_____

_____

_____

My medicine(s) I take now for IgAN or CKD:

- ☐ ACE inhibitor or ARB (examples: lisinopril, ramipril, losartan, candesartan, valsartan)
- ☐ APRIL or APRIL/BAFF blocker (examples: atacicept [Trutakna], sibeprenlimab [Voyxact])
- ☐ Complement inhibitor (example: iptacopan [Fabhalta])
- ☐ Endothelin Receptor Antagonist (ERA) (examples: atrasentan [Vanrafia], sparsentan [Filspari])
- ☐ SGLT2 inhibitor (examples: dapagliflozin [Farxiga] or empagliflozin [Jardiance])
- ☐ Systemic (whole-body) steroid (examples: methylprednisolone, prednisone, prednisolone)
- ☐ Targeted-release steroid (examples: targeted-release budesonide [Tarpeyo])
- ☐ None of the above

Problems I'm having with my current medicines (like side effects, cost barriers, out-of-refills):

_____

_____

_____

My other health conditions: _____

_____

_____

_____

Questions or worries on my mind: _____

_____

_____

_____

_____

Tips for a Good Visit

- **Bring a buddy.** A family member or friend can help you listen and take notes.
- **Write it down.** Jot down the answers your care team gives you.
- **Speak up.** There are no silly questions. If you don't understand something, ask them to explain it differently.
- **Ask for handouts.** Your care team may have written information you can take home.
- **Know your numbers.** Ask for a copy of your lab results so you can track them over time.

Extra Notes

Use this space to write down any extra notes about what your care team tells you:

Part 1: Understanding My IgAN Right Now

☐ How is my kidney function doing? What is my estimated glomerular filtration rate (eGFR) number, and what does it mean?

☐ How much protein is in my urine? What is my urine protein-creatinine ratio (uPCR) number?

☐ Is my uPCR going up, going down, or staying the same? What is my goal uPCR number?

☐ What should I know about my kidney biopsy results? What did that test show?

☐ Is my disease getting worse, staying the same, or getting better?

☐ What is my blood pressure goal?

☐ What are my chances of kidney failure in the next 5 years? What can I do today to lower that risk?

Part 2: Starting a New Medicine

About the new medicine:

☐ What is the name of this medicine, and how does it help my kidneys?

☐ How do I take it? (How many times a day? With food or without? Any special instructions?)

☐ Is this medicine an injection? If so, how long can I keep it out of the refrigerator?

☐ What do I do if I forget a dose?

☐ How long will I need to take it?

☐ How soon should I expect to see it working?

☐ What tests will I need while I'm on this medicine, and how often?

About potential side effects:

☐ What are the most common side effects?

☐ Are there any serious side effects I should watch for?

☐ What can I do to lower my risk of side effects?

☐ What should I do if I have side effects? When should I call right away?

☐ Can this medicine affect my other health problems (like diabetes, blood pressure, or infections)?

☐ Do I need any vaccines before starting this medicine?

About cost and access:

☐ Is this medicine covered by my insurance?

☐ Are there programs to help pay for it if it costs too much?

☐ Is there a specific pharmacy I'll need to use to get this medicine? If so, which one?

Extra Notes

Use this space to write down any extra notes about what your care team tells you:

Part 3: Adding a Medicine to What I Already Take

☐ Why do I need to add another medicine? Is my current treatment not working well enough?

☐ Can this new medicine be taken safely with the medicines I already take?

☐ Will adding this medicine change how I take my other medicines?

☐ Will I need extra blood tests or check-ups now that I'm on more medicines?

☐ What is the goal of adding this medicine? How will we know if it's working?

Extra Notes

Use this space to write down any extra notes about what your care team tells you:

Part 4: Switching to a Different Medicine

☐ Why are we thinking about switching? Is my current medicine not working, or is it causing problems?

☐ How is the new medicine different from what I take now?

☐ Do I stop the old medicine right away, or do I slowly taper off?

☐ Will there be a gap between stopping one and starting the other?

☐ Could my symptoms get worse during the switch?

☐ What side effects should I watch for with the new medicine?

☐ How long until we know if the new medicine is working?

Part 5: Lifestyle and Daily Life

☐ How much sodium (salt) should I eat each day?

☐ Are there other diet changes that could help my kidneys?

☐ What kind of exercise is safe and helpful for me?

☐ Is it safe for me to drink alcohol?

☐ If I smoke or vape, what help is there to quit?

☐ Do I need to change anything about my daily routine while on this medicine?

Extra Notes

Use this space to write down any extra notes about what your care team tells you:

Part 6: Planning Ahead

☐ What happens if this medicine doesn't work well enough?

☐ Are there any clinical trials I can join?

☐ How often should I come in for check-ups?

☐ What symptoms should I look for as a potential sign that my IgAN may be getting worse?

☐ Who should I call if I have questions or problems between visits?

☐ If I want to have children in the future, could my medicines affect pregnancy or fertility?

Extra Notes

Use this space to write down any extra notes about what your care team tells you:

For more information, contact the National Kidney Foundation

Toll-free help line: **855.NKF.CARES** or email: **nkfcares@kidney.org**

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