NATIONAL KIDNEY FOUNDATION®

LIVING WITH IgAN: PREPARING FOR YOUR NEXT APPOINTMENT

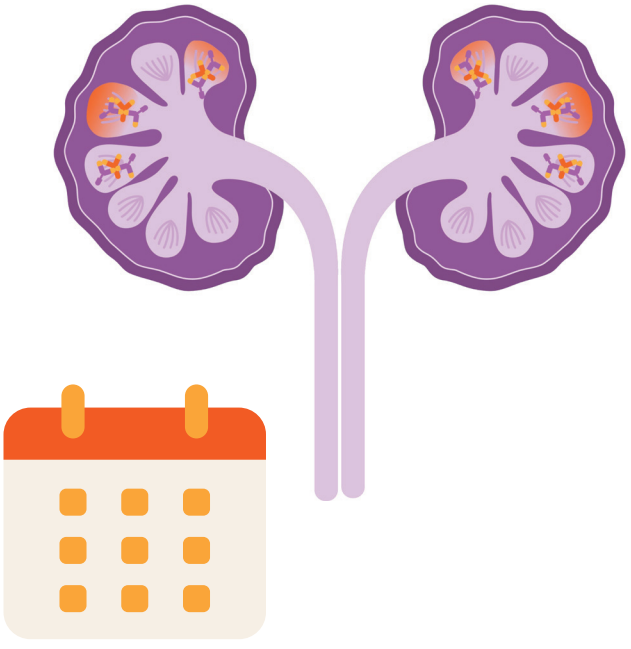
Taking the best care of your health means going to all appointments with your healthcare team. To make the most of each appointment, it's helpful to bring the checklist and questions shown below.

Appointment Checklist: What to Bring

- ☐ A list of your prescription medicines and non-prescription over the counter medicines. Include notes on any recent changes to your medicines or schedule of when you take them.
- ☐ A list of any dietary supplements you take. This includes vitamins, minerals, herbs, and protein or collagen supplements, whether powders or liquids. If you can, bring the containers with the labels that staff can review with you. It's important to see if any of these supplements interfere with how well your medicines work, or if they can be harmful to your kidneys or overall health.
- ☐ Recent lab test, biopsy, or imaging results that may not be available to the care team member with whom you have an appointment
- ☐ Home blood pressure logs and blood pressure machine to see if it's accurate
- ☐ Notes about what you eat and drink on a regular basis and the reasons for any changes to your diet.
- ☐ Notes on any new symptoms, large weight changes, or other changes in how you're feeling
- ☐ A pen and paper, or a care partner to help take notes
- ☐ Insurance cards
- ☐ Pharmacy contact information
- ☐ Any forms that the care team needs to complete. For example, prior authorization forms for certain medicines or forms for medical leave.

What to Ask Your Doctor and Healthcare Team

- What are my current eGFR and UPCR, and how have they changed since my last visit?
- What is my IgAN risk assessment score, and what does it mean for my kidney health?
- Is my blood pressure within the target range to protect my kidneys?
- Are there any new treatments now available that might help slow the progression of IgAN?
- What side effects should I watch out for with my current medicines?
- Do I need to change my diet? If yes, can you refer me to a registered dietitian?
- Which signs or symptoms mean I should call your office between visits?



Notes:

For more information, contact the National Kidney Foundation

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

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