

Support that may help you with your kidney health.

A discussion guide to use with your doctor.

Now that you've completed your Minuteful Kidney at-home test, it's highly recommended that you discuss these results with your doctor to understand your kidney health. It may feel difficult at first, especially if you're already managing conditions like type 2 diabetes or high blood pressure. But making the most of these conversations with your doctor may help you move forward with confidence.

Discussions on kidney health can cover a number of different topics. Your doctor may:



Explain your risk for chronic kidney disease (CKD)



Arrange for testing



Interpret your test results and symptoms



Provide a treatment plan and support if you are diagnosed with CKD

Consider using this discussion guide to help organize your thoughts before your doctor's appointment.

Together, you and your doctor may detect CKD earlier and help reduce the chance of complications.¹



scan to learn more

1. 2019 - Chronic kidney disease diagnosis and management: a review (v1.0) - Chen 2019/p2/para4/ln3-6 (p.2)
2. RD-133530 NIH: Chronic Kidney Disease Tests & Diagnosis (v0.1) - NIH Chronic Kidney Disease Tests & Diagnosis 2016/p1/para2/all (p.1)
3. RD-171663-de Boer2022 -Diabetes management in Chronic Kidney Disease: ADA & KDIGO Consensus report (v1.0) - de Boer 2022/p977/fig 2 (p.4) Figure 2
4. RD-133530 NIH: Chronic Kidney Disease Tests & Diagnosis (v0.1) - NIH Chronic Kidney Disease Tests & Diagnosis 2016/p1/para1/ln1 (p.1)
5. 2019 - Chronic kidney disease diagnosis and management: a review (v1.0) - Chen 2019/p3/para4/ln1-6 (p.3)
6. 2022 - Stages of Kidney Disease (v1.0) - AKF Stages of Kidney Disease/p2/table (p.2)
7. RD-171663-de Boer2022 - Diabetes management in Chronic Kidney Disease: ADA & KDIGO Consensus report (v1.0) - de Boer 2022/p978/fig3 (p.5)

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Kidney Health Topics to Cover With Your Doctor

Testing

Regular testing is key when it comes to kidney disease.² **The combination of eGFR (a blood test) and uACR (a urine test)** helps to detect CKD, track kidney health over time, and inform your care plan.³

Latest eGFR results:

Latest uACR results:

What do my test results mean? How do they compare to past results?

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Based on these results, how often do I need eGFR and uACR testing going forward?

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What are my next steps? Do I need to see a kidney specialist (nephrologist)?

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Symptoms

In its early stages, CKD doesn't typically cause symptoms.⁴ Therefore, **it's important to notice and share any health symptoms** you have as they come up.

Current health symptoms:

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Which, if any, of my symptoms could be related to CKD?

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Based on my symptoms, will my testing or care plan change?

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Diagnosis

Doctors may diagnose CKD after reviewing eGFR, uACR, and other test results, as well as a person's medical history.⁵ The disease has 5 stages. Stage 1 indicates mild kidney damage, and stage 5 indicates kidney failure.⁶ The sooner CKD is diagnosed, **the sooner you and your doctor can start taking steps to create a treatment plan and help reduce the risk of complications.**

What test results and other information do you use to diagnose CKD?

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What would a CKD diagnosis mean for me? Am I at risk for complications?

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What are the treatment options for CKD?

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Management

If you are diagnosed with CKD, a well-rounded care plan may help slow its progression and reduce the risk of complications. A combination of **medication, a kidney-friendly diet, and smart lifestyle habits** may all help in the management of CKD.⁷

Current treatments:

Diet and lifestyle choices that could impact kidney health:

Am I on a medication to help slow CKD progression?

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Are my daily habits working to support my kidney health?

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