

Questions for My Doctor

THE MEASURED PLATE

You do not need to ask all of these. Pick the ones that matter to you, and write the answers down.

1. What is my eGFR today, and what was it a year ago?

2. Is my potassium normal? Do I need to limit high-potassium foods?

3. Is my phosphorus normal?

4. How much protein should I eat each day?

5. How much sodium should I aim for each day?

6. Are any of my medicines affected by what I eat? Should I avoid salt substitutes?

7. Which pain medicine is safe for me?

8. Do I need to limit how much I drink?

9. Can you refer me to a kidney dietitian?
