

Department of Nephrology

Welcome to the Kidney Clinic (Pre Renal Replacement therapy clinic)

You have been referred to the kidney Clinic by your GP, hospital physician or a renal doctor. The aim of this clinic is to look after patients whose chronic kidney disease (CKD) has caused their kidney function to decline.

Our aim is to provide support, education and forward planning for our patients, enabling a smooth pathway for your chosen treatment.

What the pre dialysis clinic will do for you?

- Give education about kidney failure, types of treatment available and the support available;
- Discuss treatment options;
- Treat complications of kidney failure: such as anaemia and bone disease;
- Management of blood pressure;
- Assessment for kidney transplantation and discussion of transplant options;
- Quality of life issues;
- Dietary advice.

At each clinic visit you may have the opportunity to see various members of the renal team who are involved in your care; these can include Social Worker, Psychologist, Transplant Team and Access Co-ordinator.

Renal Consultant

The renal doctors will explain your kidney disease and the consequences of reduced kidney function. Current and future treatments such as dialysis and transplantation will be discussed, to ensure that you understand your condition and the actions required to keep you healthy.

We will give you as much information as you want and keep you informed about the timing of the interventions required in the future.



Patient Information

Renal Nurse Specialist

They will also explain about your kidney disease and the treatments available and help you to make decisions about the options open to you. It is important that you understand your kidney condition. To help you with this, information is available in written format, DVDs, books and formal education sessions. Opportunities will be provided to meet patients on dialysis treatments. Ongoing discussions will take place in the clinic about your care and treatment.

The Renal Nurse Specialist monitors your kidney function and will arrange for medication changes, referrals to other team members or departments. They will keep you informed of your progress and blood results. Information may be by telephone, letter or email which ever is easiest for you and you are welcome to contact us with any questions you have.

Renal Dietitian

You may need to make changes to your diet to help control and support the outcome of reduced kidney function. The dietitian will discuss these with you when necessary and advise you on the foods you may need to reduce, increase or avoid.

At each clinic visit you will be weighed and have your blood pressure checked. Blood tests will be required regularly to monitor your general health and kidney function. Please bring a list of the medication you take with you to clinic.

Please remember that everyone is an individual and therefore different advice will be given to each person

Contact Details

If you require any further information, please use the contact details below:

Renal Nurse Specialists: 024 7696 7786

Available Monday – Friday 8.00am – 4.00pm

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 7786 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

Document History

Author	Mina Thakor
Department	Nephrology
Contact Tel	27786
Published	November 2011
Reviewed	June 2019
Review	June 2022
Version	4.1
Reference	HIC/LFT/1322/11