



Welcome to the Kidney Care Clinic

You have been referred into a type of clinic for people with advanced chronic kidney disease (CKD), called the Kidney Care Clinic. This leaflet explains what happens in this clinic so you know what to expect.

What happens in the Kidney Care Clinic?

In the clinic you will see a nephrologist (specialist kidney doctor) typically every two months, and their focus will be on advising you on how to preserve your remaining renal function, while discussing with you what may happen should your kidneys fail. These options include dialysis, conservative care (treatment aimed at preventing your condition from becoming worse) or a kidney transplant. The doctor will also help you manage complications of CKD, such as anaemia or bone disease.

The Kidney Care Clinic Team

In addition to kidney doctors, there are two other members of the Kidney Care Clinic Team you can expect to meet. In most clinics there will be a 'kidney care nurse' present. Kidney care nurses are specialist nurses who will be your point of contact during your time spent under our care. One of their roles is to discuss with you in more depth the renal replacement therapy options outlined by the doctors. This can happen at your home, or in a dialysis unit.

The other member of the team is the renal dietitian. What you eat and drink can make a significant difference to your kidney function. CKD is a progressive condition and is likely to worsen over time, but it is often possible to slow down the rate of decline with a combination of medical and dietary treatment.

In addition, the renal dietitian will be able to help you with some of the things that happen as a result of CKD, such as fluid retention (swelling or 'oedema'), high levels of potassium or phosphate in your blood (due to the inability of the kidneys to dispose of them), or 'metabolic acidosis' (where your blood becomes too acidic due to the inability of the kidneys to maintain the right pH in your blood). If you follow a particular diet for any other reason, the dietitian can help you combine this with any changes relating to your kidneys.

If you are interested in treating your CKD and/or other conditions with adjustments to what you eat and drink, they are able to make recommendations, provide appropriate written information and ongoing support.

If you would like to speak to a dietitian about how to manage any of the above, there is often the opportunity to do so at your first Kidney Care Clinic appointment (usually straight after seeing the doctor). If this isn't possible for any reason, there may be other options such as telephone or video appointments. The renal dietitians are a resource for you to use as you choose, whether face to face in Kidney Care Clinics, or for advice via telephone or email.

Contact the Renal Team

Renal Dietitians Tel: 0118 322 7116 or Email: rbb-tr.renaldietitians@nhs.net

(Appointments) Clinical Admin Team (CAT 9) Tel: 0118 322 7969 or Email: rbb-tr.CAT9@nhs.net

Kidney Care Nurses Tel: 0118 322 7899

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

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