

# Productive Appointments for IgA Nephropathy

When you have a rare kidney disease like IgA nephropathy, you'll need all the support you can get from your physician and care team. This guide is designed to help you prepare for your next health appointment and open a dialogue between you and your health care team.



Patient & doctor portrayal.



# Preparing for your visit

Productive conversations with your health care team can help you better manage your disease.

## Brush up on your IgA nephropathy knowledge



Before your visit, review our [Patient Glossary](#) to better understand terms associated with immunoglobulin A (IgA) nephropathy.



### Learn more about IgA nephropathy

If you come across any information about IgA nephropathy that is unclear, or if you have questions about your current care plan, your appointment is your opportunity to get clarification from your care team.

Write down any questions you may have ahead of your visit.



### Get a care plan partner

Talk to a friend or family member about your upcoming doctor visit. After your appointment, report back to your loved one about anything you learned or any updates to your care plan.



### Track your symptoms

Use this [Symptom Tracker](#) to keep track of the physical symptoms you may or may not experience (fatigue, poor appetite, pain) and your mental health (feelings of anxiety, depression, unease). Alternatively, you can use a notebook or an app on your phone to write down your symptoms.

Access this guide, the Symptom Tracker, and other useful patient tools at [KidneyHope.com](http://KidneyHope.com)



# During and after the visit

Productive conversations with your health care team can help you better manage your disease.

## During the visit



### If your time is limited

Prioritize what is most important for you and your health care team to discuss.

**Action item:**

Before the appointment, make a list of the top 3 issues you want to address.



### Know the next steps

When discussing how you will manage IgA nephropathy with your doctor, be sure you understand the next steps in your care plan and how to best manage the disease.

**Action item:**

When discussing next steps with your doctor, repeat back any medical advice or explanations to confirm that you understand them.



### Ask questions

Get answers on anything you're unclear about. For instance, you may want to know more about the types of tests you will need, why you're experiencing certain symptoms, or what side effects you may experience from your medication.

**Action item:**

Take notes on what you and your doctor discuss during the appointment, either on a notepad or on your phone, and be sure to ask any follow-up questions.



### Agree on a care plan

Align on the treatment and lifestyle changes you may need to manage your IgA nephropathy going forward.

**Action item:**

Make a plan to meet with your care plan partner.

## After the visit



### Implementing your care plan

Meet with your care plan partner to go over what you learned during the appointment and address any changes you need to make. Your partner can help motivate you to stick to your new care plan.



### Stay grounded

Remember that not everything may go according to plan. That's OK. Work with your health care team to develop options that work best for your life.

Managing IgA nephropathy can be challenging, but your support and health care teams are there to help.

For more patient tools and guides to help you navigate IgA nephropathy, visit [KidneyHope.com](https://www.kidneyhope.com)

