

Patient information

Renal Low Clearance Clinic

What is Low Clearance Clinic?

The purpose of this clinic is to look after people whose chronic kidney disease (CKD) has caused their kidney function to decline to approximately 15 - 20 % of normal.

At this clinic we hope to slow and stabilise this decline, but some people with CKD may eventually need Renal Replacement Therapy (RRT).

Your doctor will discuss with you the most appropriate form of treatment which may be dialysis, a kidney transplant or conservative management.

What should I bring to my clinic appointment?

- A list of your current medication.
- A record of your blood pressure readings (if you have one).
- Your erythropoietin (EPO) / anaemia card (if you are on EPO therapy).
- A urine sample.
- A member of your family or a friend.

Aims of Low Clearance Clinic

- To ensure you are receiving the most appropriate treatment to slow the decline of, and prolong, your kidney function.
- To manage the side effects of CKD and improve your symptoms.

- To provide education and advice that enables you to make an informed decision about RRT options if needed.
- To ensure timely and appropriate referral for all interventions in preparation for dialysis or transplantation.
- To support and provide the appropriate care to those who do not want RRT.

Why am I attending this clinic?

Your kidneys are not working effectively. This means they cannot do their usual jobs such as:

- Removing water and waste products from your blood.
- Regulating your blood pressure.
- Keeping your bones strong.
- Helping you make red blood cells.

Who will I see at the Low Clearance Clinic?

- **Renal Consultant:** The doctors will assess and manage your renal symptoms and medications. They will discuss the different types of treatment suitable for you.
- **Renal Specialist Nurse:** They work alongside the medical team in managing areas of your treatment by ensuring good renal health management. They provide information and support so that you can make informed decisions regarding your treatment plan. The renal nurse specialist will support and prepare you and your family through this decision.
- **Renal Dietitian:** They provide individualised specialist renal dietary advice. This may include:
 - ◊ No added salt
 - ◊ Low phosphate diet
 - ◊ Low potassium diet
 - ◊ Diabetes advice
 - ◊ Weight management advice

- ◇ Fluid management
- ◇ Malnutrition prevention

What if I do not want dialysis?

If you decide not to opt for dialysis, you will be seen by the renal team and your kidney disease will be managed between the renal team and your GP.

How can I prolong my kidney function?

Reducing high blood pressure by:

- Taking the medications that are prescribed
- Minimising salt and salty foods in your diet
- Stop smoking
- Losing excess weight
- Keeping as active as possible
- Attending your renal clinic appointments and adhering to medical advice

Contact details

If you have any questions please contact the Renal Nurse Specialist on 01284 713148

If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (the new name for DisabledGo)
<https://www.accessable.co.uk/organisations/west-suffolk-nhs-foundation-trust>



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