



Doctor Discussion Guide:

Proteinuria in Nephrotic Syndrome

Have you been diagnosed with proteinuria in nephrotic syndrome?

What is proteinuria?

Proteinuria is an extreme amount of protein in your urine. It's normal to have some protein in your urine. But an excessive amount of it for too long can be a warning sign of a more serious condition.

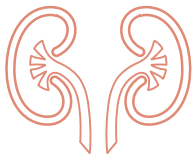
What is nephrotic syndrome?

“Nephrotic” comes from the Greek word “nephros,” which means “kidney.” And the word “syndrome” refers to a group of symptoms that together may be caused by a specific disease. The most common symptoms that are associated with nephrotic syndrome are:

- Proteinuria
- Low levels of protein in your blood
- High cholesterol
- Swelling (edema) caused by a buildup of fluids in the body or skin

If you have proteinuria in nephrotic syndrome, it's important to talk openly with your doctor. He or she can assess your condition and work with you to help manage it.

Preparing for your doctor's appointment



GET YOUR RECORDS

If you're seeing a new doctor, contact your former doctor first. This way he or she can share your past test results and other medical information.



IDENTIFY YOURSELF

Remember to take all your insurance information and ID cards with you.



DON'T DO IT ALONE

If you have a care partner, have him or her join you. He or she can help you prepare, and remember (or write down) information your doctor gives you. Your care partner can also simply offer you some moral support.



GET THERE EARLY

It's important to take advantage of all the time you have with your doctor. Especially if it's your first time meeting a new doctor.



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Discuss what you know

All aspects of your health and health history could be important when your doctor is working on a treatment plan. Tell him or her about how you're feeling, ask questions, and talk about what you hope to gain from treatment. It may also be helpful to keep a health-related journal. This way you can remember any concerns you have and bring them up at your next appointment.

- Make a note of any current symptoms that have gotten worse or new ones that may have arisen:

- List any medications or vitamin supplements you're currently taking, and any recent vaccinations:



Download a lab results tracker tool

Stay on top of your health with our [downloadable lab results tracker](#). Talk to your doctor about what tests you will need to take, and why. Be sure you understand what your different test results reveal—and mean.



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Important questions to ask your doctor

You don't have to ask all of the questions below—and you should feel free to add your own.

- What are the goals of treatment? What should I expect from treatment?
- What treatments are available? What do they involve?
- What lab tests do I need to take?
- I have some concerns or worries I'd like to share—can you help?
- Can you help me understand some part of my disease and/or treatment?
- Are there any patient support programs I might benefit from?
- Could any of the other medications I'm on affect my treatment for proteinuria in nephrotic syndrome?
- Are there any adjustments I need to make to my diet?
- Could you refer me to a dietician specialized in kidney conditions?
- Would exercise have an effect on my condition?
- Can you tell me what types of exercise might benefit me?
- Along with diet, exercise, and treatment, is there anything else I can do to help manage my overall health?
- What can I do to quit smoking?
- Can you refer me to a smoker's support group, or smoking cessation program?

Are there any questions you want to add?

Write them in the space below and take them with you to your appointment.



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Your Medical Team

Write down the contact information of all the medical professionals you deal with:



Main Doctor	
Phone number	
E-mail	

Nurse 1	
Phone number	
E-mail	

Other Doctor	
Phone number	
E-mail	

Nurse 2	
Phone number	
E-mail	

Notes

Take a pen with you. Write down important things you might want to remember later.



REMEMBER: Your doctor is your best source for information about your health and your condition. He or she can also discuss any tests or treatments you may need.