

## Department of Nephrology

# Renal low clearance clinic

You have been referred to the Low Clearance Clinic by your GP, hospital physician or a renal doctor. 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% of normal. At this stage the possibility of problems from CKD is greater and plans for additional treatments such as dialysis and transplantation will need to be made.

The staff will discuss the range of treatments available with each person and decide with you the ones that are best for you. There is plenty of time for questions and you are welcome to bring any family members or friends with you.

At each visit you will be weighed and have your blood pressure checked. You may also be asked to bring/produce a small urine sample or on occasion to collect your urine for 24 hours. Blood tests will also be taken regularly to measure kidney function. These tests help us to monitor your general health and the progress of your kidney disease.

Please bring a list of your medication to clinic so that we can make sure that your GP has an accurate record from us and is then able to prescribe the correct drugs for you. Your GP will receive a letter from the clinic detailing your progress and any changes in treatment required. You will also be sent a copy of this letter for your records.

At each clinic visit you will have the opportunity to see various members of the renal team who are all involved with your care.

### Renal Consultant

The renal doctors will explain your kidney disease and the consequences of reduced kidney function. Current and future treatments such as dialysis options and transplantation will be discussed, to make sure 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 interventions required in the future.

### Renal Nurse Specialist

The Renal Nurse Specialist will explain the treatment you need and help you 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 as leaflets and

books, on DVD's, and as ongoing individual discussion with the health care professionals involved in your treatment. The Renal Nurse Specialist monitors your kidney function after every clinic visit and will arrange for medication changes, referrals to other team members or departments when required and will keep you informed of your progress and blood results. Information may be by phone, letter or email, whichever is easiest for you and you are welcome to contact us with any questions you have.

## **Renal Anaemia Nurse Specialist**

One of the commonest problems that we see with CKD is anaemia. The Anaemia Nurse Specialist will explain the process of anaemia and the connection with renal failure. There are various treatments available to correct anaemia and ongoing monitoring of your blood results will enable us to determine which you need at which stage. These will be discussed with you as they are required.

## **Renal Dietitian**

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

You may also need to limit the amount of fluid you drink in the future and advice will be given about how to adjust this without feeling too restricted.

## **Contact details**

Renal Nurse Specialist: 01223 217827  
Nicky Moncrieff

Renal Anaemia Sister: 01223 257195  
Helen Burns

Renal Dietitian: 01223 216655  
Clare Parslow

Renal Consultant: 01223 217821  
Dr Nick Pritchard

The clinic is held weekly on Thursday afternoons from 14:00.

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

Please ask if you require this information in other languages, large print or audio format:  
01223 216032 or [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

Potete chiedere di ottenere queste informazioni in altre lingue, in stampato grande o in audiocassetta.

## Italian

若你需要本信息的繁體中文、大字體或音訊格式的版本，請要求索取。

## Cantonese

तमने आ माळिती वीछ भाषाओमां, मोटा अक्षरोमां अथवा सांभजी शकाय जेवा माध्यम  
(ओडीओ डोमेट)मां जेठती छोय तो कृपा करीने पूछो.

## Gujarati

تکایہ پرسیار بگہ نہگہر نہوزانیاریہت دہوی بہ زمانیکی تر . بہ پیتی گہورہ یانیش بہ شیودی دہنگ

## Kurdish

آگراپ کو یہ معلومات دوسری زبانوں میں، بڑے الفاظ کی اشاعت میں یا آڈیو ٹیپ پروکارہوں تو ہر اے مہربانی اس کیلئے درخواست کریں۔

## Urdu



Addenbrooke's is smoke-free. Please do not smoke anywhere on the site.

For advice on quitting, contact your GP or the NHS smoking helpline free, 0800  
169 0 169

## Document history

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