

NEWLY DIAGNOSED WITH CHRONIC KIDNEY DISEASE ?



Heres a quick guide of what to do after you have spoken to your GP or health care provider

NO



Say **NO** to Dr Google and self diagnosis

Say **YES** to educating yourself



Don't start to cut foods out without the support of a kidney dietitian



Use registered kidney websites for information about kidney disease.



Don't turn to herbal remedies



Look at your salt intake and overall diet



Dont automatically assume your starting dialysis.



Are you as active as you can be?



Always discuss the safety of any vitamin supplements with your pharmacist before starting.



Are any existing medical conditions well managed?

