

# Low Clearance Clinic

for kidney patients



## Information for patients

Sheffield Kidney Institute (Renal Unit)



**PROUD TO MAKE A DIFFERENCE**

SHEFFIELD TEACHING HOSPITALS NHS FOUNDATION TRUST



## **What is the Low Clearance Clinic (LCC)?**

The LCC is a clinic for patients with Chronic Kidney Disease (CKD) whose kidney function is failing and who may need dialysis or a kidney transplant in the future.

The aim of this clinic is to co-ordinate your care with all the members of staff involved in your treatment and to reduce the number of times you need to come to the hospital.

If you do need dialysis or a kidney transplant in the future, we want you to feel well prepared for this.

## **When will I come to the LCC?**

The clinic takes place every Tuesday between 1.30pm - 4.30pm in the Renal Outpatient Department, Sorby Wing at the Northern General Hospital in Sheffield.

Your kidney consultant will refer you to us when your kidney function worsens to a level where it looks likely that you will need dialysis treatment or a kidney transplant in the near future.

We measure kidney function using "estimated Glomerular Filtration Rate" or eGFR. eGFR is a measurement of how many millilitres (ml) of waste fluid your kidneys can filter from the blood in a minute (measured in ml / min). A normal eGFR should be greater than 60 ml / min.

## Who will I see at this clinic?

The LCC has the following staff. The clinic co-ordinator will guide you to who you need to see.

- 2 consultant kidney doctors – Dr. B. Kawar and Dr. A. Khwaja (and a senior trainee or speciality doctor). They will:
  - assess your symptoms
  - review your tablets and medicines
  - answer any questions or concerns you may have.
- 2 pre-treatment sisters – Sister G. Somers and Sister D. Douglas. They will:
  - give you information about treatment choices
  - review your symptoms
  - answer any questions or concerns you may have.
- A consultant surgeon who will:
  - assess you for any operations you may need before you start dialysis.
- A dietitian who will:
  - give you advice on any changes you need to make to what you eat. This is to help you stay healthy before you start dialysis or have a kidney transplant.

If you need intravenous (IV) iron, this can also be arranged and it may be possible to organise for you to be seen by our social worker or clinical psychologist for example.

You (and your family) will be able to ask any questions about your care and treatment. It may help you to write down 2 or 3 questions to ask before your appointment.

## How do I find out more information?

If you have any questions about your appointment call: **0114 271 5131**

If you have any questions about the clinic call the pre-treatment sisters on: **0114 226 9390**



**Consultant kidney doctors**



**Pre-treatment sisters**



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