

Ask 3 questions



Information for patients Sheffield Kidney Institute (Renal Unit)

There will be choices to make about your healthcare. For example, you might be asked:



- to decide whether or not you want to have medication, tests or dialysis, for example
- to choose between different types of treatment
- if you want to continue with the same treatment

What you choose to do should depend on what is important to you. Your healthcare team are experts in kidney care; but you are the expert on you.

Use the space below to write down what is important to you, for example getting back to work, any hobbies you may have, spending time with your grandchildren

When you are asked to make a choice, you may have lots of questions that you want to ask. You may also want to talk over your options with your family or friends. It can help to write a list of the questions you want answered and take it to your appointment.

To begin with, try to make sure you get the answers to three key questions when you are asked to make a choice about your healthcare. You can use the space below to make notes

1. What is happening to me (what is wrong with me?)

2. What are my options?

3. What are the pro's and cons of each option?

Use this space to

- write down any other questions, concerns or worries you have about your health and care
- make any notes

You may find it helpful to watch these videos about asking questions and making decisions.



How do I watch the videos?

There are two easy ways to watch the videos:

On your computer

Just type in this link (to see all our videos) <http://video.sth.nhs.uk>

On your smartphone or tablet

If you have a QR code reader simply scan the QR code to launch the video
If you don't have a QR code reader you can download one for free from Google Play or the App store.



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