



Saskatchewan
Health Authority

Kidney Health Clinic



Kidney Health Clinic—REGINA

235 Albert Street North
Regina, Saskatchewan, S4R 3C2
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Kidney Health Clinic—SASKATOON

1702 20th Street
Saskatoon, Saskatchewan, S7M 0Z9
Phone: 306-655-5683

Office hours: Monday to Friday from 8:00 a.m. to 4:30 p.m.
Please leave a message with your name and phone number.
Your call will be returned during office hours



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[saskhealthauthority.ca](https://www.saskhealthauthority.ca)

Kidney Health Clinic

The goal of this clinic is to help you and your family understand and adjust to living with kidney disease. We will work with you to make decisions about your kidney health, check how your kidneys are working, and offer information about kidney replacement therapy.

Kidney Health Clinic Team

YOU are the most important part of the team.

- Your role is to give accurate health information and stay informed about your health
- You work with the team to develop your care plan.
- It is your responsibility to **take part in** and follow your plan of care provided by your Kidney Health Care team.
- You can contact any of our team members at the Kidney Health Center between appointments if you have any questions.
- **You are encouraged to bring a family member and/or a close friend to appointments.**

Nephrologist (Kidney Doctor)

- Assesses and manages your kidney disease and medical conditions related to kidney health.
- They will see you in the Kidney Health Clinic at regularly scheduled appointments

Kidney Health Nurse

- Offers ongoing teaching, care and assessment to help manage your kidney health.
- Helps you to set goals and learn lifestyle strategies related to kidney health.

Pharmacist

- Reviews your medications, including prescription, non-prescription (“over the counter”), herbal, and traditional. This is important in ordering proper medications and preventing drug interactions and side effects.
- Reviews blood work with the team to help choose the best medication for you
- Teaches you about how medications work for your kidney health.

Adult Diabetes Educator

- Offers education and assessment for those with diabetes.

Social Worker

- Offers assistance and support to help you and your family manage challenges that may arise from your kidney disease.
- Can assist in many areas such as transportation, finances, mental health, life transitions, and community resources.

Dietitian

- Helps you learn about food choices that are best for your needs.

Office Assistant

- Coordinates bookings, schedules, and appointment reminders.

Family Doctor/ Nurse Practitioner

- It is very important to see your family doctor or Nurse Practitioner for concerns that are not related to your chronic kidney disease.

In Case of an Emergency

- Call your family healthcare provider. If you are unable to contact your family healthcare provider, call 911 or go to the nearest emergency department.

What to Bring to your First Appointment

- Your home blood pressure machine so we can make sure it is working properly
- Any sheets that you use to keep track of your blood pressure and blood sugar numbers
- Your 1 day food log “WHAT DO YOU USUALLY EAT and DRINK” that was included as part of this mail out package

Your FIRST Visit

You will meet your team:

- A social worker, kidney health nurse, dietitian, pharmacist, and nephrologist
- If you have diabetes, you may see the adult diabetes educator

Your first visit will take about 2 hours.

- You will learn how **YOUR** kidneys function
- We will teach you how to manage your kidney health
- We will review your blood work with you

Follow-up Visits

Visits last about 1 hour. You will meet with team members based on your needs.

This visit will include:

- Answers to any questions you have
- Emotional and practical supports
- Help with setting goals for your kidney health
- Review your blood work results
- Medication review
- Education about treatment choices as needed

What to do Before Your Next Appointment

Complete Blood Tests

- If you have not completed your routine bloodwork, please do your blood work as recommended using the Kidney Health Clinic blood work requisition
- Try to complete your blood work 2 weeks before your appointment to ensure results are back in time and can be discussed with you.
- **YOU DO NOT NEED TO BE FASTING** before getting your blood work, unless instructed otherwise.



Bring the Following to EVERY Kidney Health Clinic Appointment

• Medication list

- Please bring an updated list of your current medications, including prescription, non-prescription (“over the counter”), herbal, and traditional medicines. This can include a printed list that you can obtain from your pharmacy. If you cannot get a list, you can bring all of the bottles.
- The pharmacist, kidney health nurse, and/or nephrologist will review your medications and notify your family health care provider if needed.



• Sheets you use to track blood pressures and blood sugars

- These will help us determine how to help manage your care



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Healthy People, Healthy Saskatchewan

The Saskatchewan Health Authority works in the spirit of truth and reconciliation, acknowledging Saskatchewan as the traditional territory of First Nations and Métis People.

NOTE: Images used within this presentation were obtained through a Clinical Standards subscription to PRESENTERMEDIA.com

PIER—Patient Information and Education Resource



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