

Here are some tips to help you get the most out of your doctor's visit:

- Prepare a list of questions in advance so you don't forget any on the day
- Record the conversation or take notes so it's easier to remember what your doctor said after the appointment
- Bring a list of the medications that you take to your appointment
- Consider asking someone (such as a relative, carer or close friend) if they can accompany you to provide support and make notes while you focus on talking to your doctor

Some examples of questions you may want to consider asking are listed below:

Long-term management

What steps can I take to help control my potassium levels long-term?

How frequently should my potassium levels be monitored?

What are the risks associated with lowering the dose or stopping my heart failure/chronic kidney disease medications?

Treatments for high potassium

What treatment options are appropriate for me?

Do certain high potassium treatments have fewer side effects than others?

How do potassium treatments affect my heart failure / kidney medication?

Low-potassium diet

How does my diet affect my potassium levels?

Can I control my potassium through diet alone?

What foods should I avoid/eat more of to help with my high potassium levels?