You have been referred to the Low Clearance Clinic by your GP, hospital physician or a renal doctor. The purpose of this clinic is to look after people whose chronic kidney disease (CKD) has caused their kidney function to decline to approximately 15% - 20% of normal. At this stage the possibility of problems from CKD is greater and plans for additional treatments such as dialysis and transplantation will need to be made.

The staff will discuss the range of treatments available with each person and decide with you the ones that are best for you. There is plenty of time for questions and you are welcome to bring any family members or friends with you.

The clinic is held weekly on Thursday afternoons from 14.00. At each visit you will be weighed and have your blood pressure checked. You should also bring/produce a small urine sample or on occasion to collect your urine for 24 hours. Blood tests will also be taken regularly to measure kidney function. These tests help us to monitor your general health and the progress of your kidney disease.

Please bring a list of your medication to every clinic appointment so that we can make sure that your GP has an accurate record from us and is then able to prescribe the correct drugs for you. Your GP will receive a letter from the clinic detailing your progress and any changes in treatment required. You will also be sent a copy of this letter for your records. Please remember that everyone is an individual and therefore different advice will be given to each person.

At each clinic visit you will have the opportunity to see various members of the renal team who are all involved with your care.

Renal consultant/specialist registrar

The renal doctors will explain your kidney disease and the consequences of reduced kidney function. Current and future treatments such as dialysis options and transplantation will be discussed, to make sure that you understand your condition and the actions required to keep you healthy. We will give you as much information as you want and keep you informed about the timing of interventions required in the future.
Renal nurse specialist

The renal nurse specialist will explain the treatment you need and help you make decisions about the options open to you. It is important that you understand your kidney condition. To help you with this, information is available in written format as leaflets and books, on DVD’s, and as ongoing individual discussion with the health care professionals involved in your treatment. You will be invited to attend group or individual education sessions when necessary. The renal nurse specialist monitors your kidney function after every clinic visit and will arrange for medication changes, referrals to other team members or departments when required and will keep you informed of your progress and blood results. Information may be by phone, letter or email, whichever is easiest for you and you are welcome to contact us with any questions you have.

Renal dietitian

You may need to make changes to your diet to help control the consequences of reduced kidney function. The dietitian will discuss these with you when necessary and advise you, on which foods you should reduce, increase or avoid. You may also need to limit the amount of fluid you drink in the future and advice will be given about how to adjust this without feeling too restricted.

One of the commonest problems that we see with CKD is anaemia. When required the anaemia nurse specialist will explain the process of anaemia and the connection with renal failure. There are various treatments available to correct anaemia and ongoing monitoring of your blood results will enable us to determine which you need at which stage. These will be discussed with you as they are required.

As an outpatient area both sexes are dialysed together. However, if you wish to dialyse in a single sex area, we will try to accommodate this. Please ask a member of the nursing staff.

Contact details

Renal nurse specialist: 01223 400183
Renal anaemia nurse specialist: 01223 400187
Renal dietitian: 01223 216655
Renal consultant: 01223 217821

Please call us with any queries you may have.
We are a smoke-free site: smoking will not be allowed anywhere on the hospital site. For advice and support in quitting, contact your GP or the free NHS stop smoking helpline on 0800 169 0 169.

Other formats:

If you would like this information in another language or audio, please contact Interpreting services on telephone: 01223 256998, or email: interpreting@addenbrookes.nhs.uk For Large Print information please contact the patient information team: patient.info@addenbrookes.nhs.uk