IgA Nephropathy: Questions to Ask Your Nephrologist

Take this checklist to your kidney appointments. Fill in your latest numbers before you go, and tick the questions you want to cover.

My latest numbers (fill in before the visit)

eGFR: _____ Urine ACR / protein: _____

Blood pressure: _____ Date of last tests: _____

About my results

- ☐ What were my eGFR and urine protein this time — better, worse, or stable?
- ☐ What did my kidney biopsy show, including the Oxford (MEST-C) score?
- ☐ Can we work out my estimated risk of progression with the prediction tool?
- ☐ How often should I have blood and urine tests, and blood-pressure checks?

About my treatment

- ☐ Is my blood pressure at the target set for me?
- ☐ Am I on the right kidney-protective medicines? Is anything due a change?
- ☐ Would any of the newer IgA nephropathy treatments be appropriate for me?
- ☐ Are there medicines or painkillers I should avoid?
- ☐ Which vaccinations should I keep up to date?

About daily life

- ☐ How much salt should I aim for each day?
- ☐ Is there anything I should adjust about protein in my diet?
- ☐ What exercise is sensible for me?
- ☐ If relevant: what should I know about planning a pregnancy?

Warning signs — ask what to do if I notice…

- ☐ Visible blood in my urine
- ☐ Passing much less urine than usual
- ☐ Rapidly increasing swelling, or new breathlessness

Medically reviewed by Dr. Mohamed Ibrahim, MD, PhD — physician-scientist. Last reviewed November 2026.

This handout is general information to help you prepare for your appointment; it is not medical advice and does not replace the guidance of your own care team.