

If you have kidney failure you can decide to let nature take its course. Your life may be shorter, but your quality of life may be better. Your doctor can advise what the outcome is likely to be for you if you choose supportive care.

Simple Treatment

Choosing supportive care means you are not having dialysis or a kidney transplant. Some people choose this option after a time on dialysis, or they may choose not to start dialysis.



Advance Care Planning

This is the time to plan your priorities at this important stage of life. You can appoint a guardian, plan your future care, and consider where and how you would like to die.

Medications

You are likely to take the same medications as those who choose dialysis

These might include medications to control blood pressure reduce phosphate and improve anaemia.



Diet and Fluids

You will feel better if you choose a balanced and healthy diet. You may have to restrict your potassium and fluid intake.

Dietitians can provide specific advice.



Doctors Visits

You will visit your local doctor or kidney specialist regularly for check-ups.

You may also be referred to the palliative care team for specialised symptom control at home support.

