



*If you have kidney failure you can decide to let nature take its course. You should discuss your choices with you nurse or doctor. Your life may be shorter, but your quality of life may be better.*



## Simple treatment

Choosing comprehensive conservative 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 choose where you want to be when the time comes for you to finish up.*



## Medications

You are likely to take the same medicine as those who choose dialysis. These will help make you feel better but cannot fix your kidneys.

## Diet and fluids

To help you feel better you may have to restrict **certain foods** and **drinks**.



## Health check-ups

You will visit your local doctor, nurse or kidney specialist regularly for check-ups. You may also be referred to the **palliative care team** for specialised symptom control and home support.

## Finishing up

*As your kidneys get sicker you may get short of breath, feel itchy and get swelling in your legs or face. Diet and medications only help for a time. When it is time to 'finish up' you start to get confused and then you fall asleep.*

# No dialysis      No transplant