

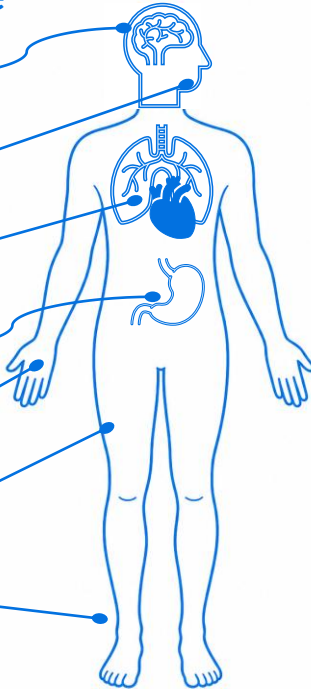
Uremic Symptoms:

Signs Your Kidneys Need Support

strive
HEALTH

What you may feel or notice

- **Brain:** Trouble thinking clearly, confusion, sleepiness
- **Mouth:** Bad breath, dry mouth, metallic taste
- **Heart/Lungs:** Shortness of breath
- **Stomach:** Nausea, vomiting, poor appetite
- **Skin:** Itching, dry skin
- **Energy:** Very tired, weak
- **Legs/Feet & Weight:** Swelling in legs or feet, sudden weight gain from fluid



What is happening?

When your kidneys slow down, waste and extra fluid build up in your blood. This can affect many parts of your body.

Why is this happening?

Your kidneys cannot remove waste, toxins and extra fluid as well as they should.

What you should do

- ✓ Track your symptoms each day
- ✓ Follow your food and fluid instructions
- ✓ Keep all kidney doctor appointments
- ✓ Tell your care team if symptoms get worse

 **Did You Know?** These symptoms often get worse as waste builds up in your blood. Tell your Strive Care Team if you notice new or worsening symptoms

Call your Strive Care Team or kidney doctor right away if you have

- Vomiting that will not stop
- Severe shortness of breath
- New confusion or extreme sleepiness
- Chest pain
- Swelling that is getting worse quickly



Strive NP/RN _____

Phone: **855-962-4638**



Primary Care Provider _____

Phone: _____



Nephrologist _____

Phone: _____