
Department of Nephrology

Renal low clearance clinic

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% 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.

At each visit you will be weighed and have your blood pressure checked. You may also be asked to 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 clinic 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.

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

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. 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 Anaemia Nurse Specialist

One of the commonest problems that we see with CKD is anaemia. 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.

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.

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 217827

Renal Anaemia Sister: 01223 257195

Renal Dietitian: 01223 216655

Renal Consultant: 01223 217821

The clinic is held weekly on Thursday afternoons from 14:00.

Please remember that everyone is an individual and therefore different advice will be given to each person.



We are currently working towards a smoke free site. Smoking is only permitted in the designated smoking areas.

For advice and support in quitting, contact your GP or the free NHS stop smoking helpline on 0800 169 0 169

Help with this leaflet:



If you would like this information in another language, large print or audio format, please ask the department to contact Patient Information: 01223 216032 or patient.information@addenbrookes.nhs.uk

Polish

Jeżeli chciałbyś uzyskać te informacje w innym języku, w dużej czcionce lub w formacie audio, poproś pracownika oddziału o kontakt z biurem Informacji Pacjenta (Patient Information) pod numerem telefonu: 01223 216032 lub pod adresem patient.information@addenbrookes.nhs.uk

Portuguese

Se precisar desta informação noutra língua, em impressão de letras grandes ou formato áudio, por favor peça ao departamento que contacte a secção de Informação aos Doentes (Patient Information) pelo telefone 01223 216032 ou através do e-mail patient.information@addenbrookes.nhs.uk

Arabic

إذا كنت تود الحصول على هذه المعلومات بلغة أخرى، بالأحرف الكبيرة أو بشكل شريط صوتي، يمكنك أن تطلب من القسم الاتصال بمعلومات المريض على الرقم: 01223216032 أو عبر البريد الإلكتروني: patient.information@addenbrookes.nhs.uk

Cantonese

如您需以另一語言版本、特大字體或錄音形式索取本資料，請要求部門聯絡病人諮詢服務：電話 01223 216032，電郵地址 patient.information@addenbrookes.nhs.uk

Turkish

Eğer bu bilgileri başka bir dilde veya büyük baskılı veya sesli olarak isterseniz, lütfen bulunduğunuz bölümdeki görevlilere söyleyin Hasta Bilgilendirme servisini arasinlar: 01223 216032 veya patient.information@addenbrookes.nhs.uk

Urdu

اگر آپ کو یہ معلومات کسی دیگر زبان میں، بڑے الفاظ میں یا آڈیو طریقہ سے درکار ہوں تو برائے مہربانی اس شعبہ سے پیشینٹ انفارمیشن سے ذیل کے ذریعہ رابطہ کرنے کی درخواست کریں: 01223 216032 یا patient.information@addenbrookes.nhs.uk

Bengali

আপনি যদি এই তথ্য অন্য কোন ভাষায়, বড় অক্ষরে বা অডিও রেকর্ডিং পোতে চান তাহলে 'প্যাশেন্ট ইনফরমেশন' এর সঙ্গে 01223 216032 নম্বরে ফোন করে বা patient.information@addenbrookes.nhs.uk ঠিকানায় ই-মেইল করে যোগাযোগ করার জন্য ডিপার্টমেন্টটিতে অনুরোধ জানান।

Document history

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