

Renal Department

End stage kidney disease symptoms

Introduction

The following symptoms may begin or increase as your kidney function reduces. It is important to let your renal nurse or doctor know if any of these worsen. Please do not wait until a clinic visit if you are feeling more unwell, do call us at any time. It will not necessarily mean you need dialysis straight away, but might need a change in medication to control a new symptom.

- Breathlessness (particularly on lying down).
- Nausea (feeling sick) or vomiting (being sick).
- Fatigue (extreme tiredness).
- Weight loss (without trying).
- Reduced appetite – you may also have a bad taste in your mouth (metallic).
- Generalised itching.
- Decreasing urine output.
- Ankle swelling (for some people this may be other parts of your body, for example fingers or face).
- Problems thinking or remembering things.
- Reduced sexual drive.
- Bone pain.
- Insomnia (problems sleeping).
- Restless legs (jerking movements, particularly when in bed, so sometimes noticed more by a partner).

You may have some of these as mild controllable symptoms for some while, so it is the increase in number of symptoms or severity that you should look out for. Any new one of these symptoms or a combination may indicate that your kidney function has dropped to a level that means you will need to plan for dialysis soon. We would prefer to know as soon as you are worried. We then have time to organise treatment without it being a last-minute rush when you are also dealing with feeling more unwell.

Please contact the Renal Nurse Specialists on 01223 217827 during working hours if you are concerned or have any questions.



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



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