

## To place your order

Please choose from the list of booklets and materials available and return this form by email to [info@kidneycareuk.org](mailto:info@kidneycareuk.org)



### About our Patient Information

Kidney Care UK has been awarded the PIF TICK, the UK's only assessed quality mark for print and online health and care information. Our information is available free of charge to kidney units, KPA's and patients.





SCAN ME

Please visit our online booklet library to see our full range of titles, some of which are only available as downloads.

[www.kidneycareuk.org/booklets](http://www.kidneycareuk.org/booklets)

Please note: The **maximum order for printed copies is 100 copies** of any title or item. If you require more than this for an event, please contact [comms@kidneycareuk.org](mailto:comms@kidneycareuk.org)

<i>For office use only: Date sent by DPD or post and type of service used</i>			
<b>Date requested:</b>			
<b>Your name:</b>		<b>Role:</b>	
<b>Tel No:</b>	<b>Email:</b>		
<b>Name /Address for delivery:</b>			
		<b>Post code:</b>	
<b>Stay in touch: Please send me the latest news and updates from Kidney Care UK, including my free copy of Kidney Matters Magazine four times a year (tick all that apply)</b>			
<input type="checkbox"/> By email to the email address stated above <input type="checkbox"/> By post to the postal address stated above <input type="checkbox"/> By phone to the telephone number stated above			
To receive <u>only</u> a free copy of Kidney Matters Magazine, please tick here <input type="checkbox"/>			
You can change the way we communicate with you at any time by calling us on 01420 541 424 or emailing <a href="mailto:info@kidneycareuk.org">info@kidneycareuk.org</a> . Further information about how we protect and use your personal data is available in our <a href="#">Privacy Policy</a> . <i>Please note: we can't post anything outside of the UK.</i>			
Which of the following applies to you? <i>Please select one option</i>			
<input type="checkbox"/> Kidney patient		<input type="checkbox"/> Friend/family of kidney patient	
<input type="checkbox"/> Health professional		<input type="checkbox"/> I have no connection with kidney disease	

<b>Patient resources and support</b>		<b>Product/ leaflet</b>	<b>Quantity</b>
KCUK06	<b>Kidney Care UK Fistula Bleed Keyrings and instruction leaflet</b> 	Silicone bottle top keyring for patients to manage life-threatening bleeds from a arteriovenous fistulae (AVF) and grafts (AVG).  For more information go to <a href="http://www.kidneycareuk.org/put-a-lid-on-it">www.kidneycareuk.org/put-a-lid-on-it</a> . If more than 30 keyrings are required, please contact us to check availability.	
KCUK02	<b>Kidney Care UK fistula wristband</b> 	Adult-sized (210 x 12 mm) silicone wristband. Writing on wristband reads "FISTULA THIS ARM – NO BP TESTING/NEEDLES"	
KCUK03	<b>Applying for a grant</b>	Guidance on applying for one of our grants	
KCUK04	<b>Funding for renal services</b>	Funding guidelines for renal services, kidney units and kidney patient associations	
KCUK05	<b>Patient Support Services booklet</b>	A guide to the services and support Kidney Care UK provide to kidney patients, their families and carers.	
KCUK01	<b>Free patient information resources</b>	A summary of patient information leaflets and reosurces available from Kidney Care UK.	

<b>Patient information – Leaflet title</b>		<b>Leaflet Topic</b>	<b>Quantity</b>
KC01	<b>Acute kidney injury</b>	Information about Acute Kidney Injury (AKI)	
KC02	<b>Anaemia and chronic kidney disease</b>	This leaflet gives more information about anaemia and its treatment	
KC03	<b>An employer's guide to CKD</b>	Information about CKD and its treatment, how this may affect your employee and what you can do to help	
KC04	<b>At risk of kidney disease, keeping your kidneys safe</b>	Information for people that have been told they may be at risk of Acute Kidney Injury	
KC05	<b>Cancer risk in patients with kidney disease</b>	Explains what 'cancer screening' is and how you may be able to reduce your risk of developing cancer in the future	
KC06	<b>Capacity and decision making</b>	How capacity is assessed, the role of lasting power of attorney (LPA), the best interests process and how it can apply to patients with CKD	
KC07	<b>Choosing not to have dialysis</b>	One of the options for treating advanced kidney disease is to manage your symptoms and not have dialysis	

KC08	<b>Choosing to stop dialysis</b>	Discussing what can happen if you stop dialysis	
KC09	<b>Chronic kidney disease (CKD)</b>	More information about CKD, its treatments and what to expect	
KC10	<b>CKD Health Check Booklet</b>	Your introduction to CKD and its treatment	
KC11	<b>Dealing with a diagnosis of kidney disease</b>	Leaflet offering support with the emotional impact of being diagnosed with CKD	
KC12	<b>Diabetes and kidney disease</b>	Explains what diabetes is, how it affects the kidneys and how you can look after your kidneys if you do have diabetes	
KC13	<b>Dialysis Away From home – FAQs in the UK</b>	Advice on having dialysis away from base and the free booking service available from Dialysis Freedom.	
KC15	<b>Donating a kidney – what to expect</b>	What to expect if you're donating a kidney	
KC16	<b>Receiving a kidney – what to expect</b>	Information for patients hoping to receive a kidney donation	
KC17	<b>FAQs about kidney transplantation</b>	Addresses questions such as how to get on the transplant list and how long is the wait	
KC18	<b>Living kidney donation</b>	Information for people interested in becoming a living kidney donor	
KC19	<b>Eating out or taking out on a kidney friendly diet</b>	Information on a variety of food types and suggests good options as well as those to limit or avoid when eating out	
KC20	<b>Emotional resilience</b>	An introduction to emotional resilience, including tips on how it can help you to cope with the stresses you may experience in your life	
KC21	<b>Employment rights</b>	Describes some of the rights you have as a kidney patient in regards to employment	
KC22	<b>Exercise and keeping fit</b>	Outlines the types of exercise that are recommended for people with kidney problems	
KC23	<b>Fatigue (tiredness)</b>	Explains about fatigue in kidney patients	
KC24	<b>Frailty: ageing with kidney problems</b>	Information about ageing with kidney problems	
KC25	<b>Help! I've got kidney failure</b>	Your introduction to kidney failure and its treatment	
KC26	<b>Haemodialysis</b>	Guidance on haemodialysis treatment, including how it works and what the benefits are	
KC27	<b>Haemodialysis access with an arteriovenous fistula</b>	Explains what a fistula is, how it is made and how to take care of it, as well as the benefits and possible risks	
KC28	<b>High potassium levels (hyperkalaemia) and kidney disease</b>	Leaflet explaining the causes of hyperkalaemia, it's symptoms and possible treatments	
KC29	<b>A healthy diet and lifestyle</b>	Help for kidney patients on eating the right balance of foods to stay healthy	
KC30	<b>Home haemodialysis</b>	How home haemodialysis works, so you can decide if it is the right option for you	

KC31	<b>How can a renal dietitian help me?</b>	Explains how a renal dietitian can help you make the best food, drink and lifestyle choices to support your health	
KC32	<b>InfoKID</b>	Leaflet about infoKID which provides information for parents and carers of young kidney patients.	
KC33	<b>Inserting your tunnelled haemodialysis catheter (permcath)</b>	Explains more about tunnelled haemodialysis catheters, also known as lines or permcaths	
KC34	<b>Itching and chronic kidney disease</b>	This leaflet gives more information about itching in kidney disease and its treatment	
KC36	<b>Kidney failure - What choices do I have?</b>	Advice and information for patients with kidney failure	
KC37	<b>Kidney myth busters</b>	Addressing some of the more common 'myths' about your kidneys and transplantation	
KC38	<b>Kidneys and heart disease</b>	Explains how heart disease can affect the kidneys	
KC39	<b>Looking after your dialysis line</b>	Explains what a haemodialysis line is and how to look after it	
KC40	<b>Lowering your potassium</b>	Looks at the causes of hyperkalaemia, it's symptoms and possible treatments	
KC41	<b>Managing your fluid and salt levels</b>	Looks at how you can manage your fluid and salt levels	
KC42	<b>Menopause</b>	Explains how CKD can affect when you go through the menopause, as well as the symptoms that you may experience.	
KC43	<b>Mindfulness</b>	Introduction to mindfulness and how it can help improve your mental well-being	
KC44	<b>Mineral Bone Disease (CKD)</b>	Find out more about this kidney related disease	
KC45	<b>Pain medication</b>	Explains the different types of pain killers recommended if you have kidney disease	
KC46	<b>Peritoneal dialysis</b>	Information about peritoneal dialysis and how it works	
KC47	<b>Pregnancy and CKD</b>	Leaflet is aimed at pregnant women with CKD or those who are considering becoming pregnant	
KC48	<b>Pregnancy and kidney transplant</b>	Information for women with a kidney transplant who are considering a pregnancy, as well as their partners	
KC49	<b>Removing your temporary haemodialysis catheter (vascath)</b>	Describes what happens when your temporary haemodialysis catheter is removed	
KC50	<b>Renal social workers</b>	Explains how a renal social worker can offer support	
KC51	<b>Restless leg syndrome</b>	Information about the condition and its treatment	
KC52	<b>Shared haemodialysis care</b>	Find out more about how you can get more involved in your own haemodialysis care and the benefits this may bring to you	
KC53	<b>There's no place like home – home dialysis</b>	An introduction to home haemodialysis	

KC54	<b>Having a healthy sex life</b>	Describes some of the problems you may experience and ways in which you can get help	
KC55	<b>Sexual health and contraception</b>	Describes some of the issues you may face in regards to your sex life and how they can be addressed. It is aimed at both men and women	
KC56	<b>Welfare benefits</b>	Guidance on the form of benefits and tax credits which are provided to those who meet certain criteria	
KC57	<b>Women's health and CKD</b>	This leaflet is about how CKD affects women in particular and also how certain aspects of women's health can affect CKD	

## Information about medicines

Information about the many different drugs used to treat kidney failure, as well as a what may be taken when you have kidney disease.

Always consult your GP, kidney doctor or pharmacist before changing or starting any medications.

For the most up to date details, please scan to visit our website

[Scan or visit:](#)

[www.kidneycareuk.org/medication](http://www.kidneycareuk.org/medication)




Healthy, delicious food you can enjoy eating every day, at every stage of kidney disease.

With hundreds of recipes to choose from there is something for everyone.

[www.kidneykitchen.org](http://www.kidneykitchen.org)



Last reviewed: 03/08/2023

Improving life for kidney patients