

# Start a conversation that's centered on you and your needs

Living with a rare disease like C3 glomerulopathy (C3G) or primary immune complex membranoproliferative glomerulonephritis (IC-MPGN) understandably raises questions that you'd like to ask your doctor or care team. Getting the right information ensures you can take the most active role in your care.

Every person's experience with C3G or primary IC-MPGN is unique.

## How to use this guide

**Complete your responses before your appointment.** The more information you share, the more your doctor will understand how to provide you with the right information and support to help you on your journey with C3G or primary IC-MPGN.

## Symptoms you may be experiencing

Check off the symptoms below that you'd like to discuss with your doctor.

Symptoms and severity can vary from person to person.

Over the last 1 to 3 months, this symptom has:

Appeared   Improved   Stayed the same   Gotten worse

Foamy urine (protein in your urine)				
Blood in your urine				
Dry or itchy skin				
Eye or vision problems				
Fatigue				
Headache				
High blood pressure				
High cholesterol				
Swelling in my _____				
Joint pain				
Lack of appetite				
Mental well-being (eg, depression or anxiety)				
_____				
_____				





## Testing and lab results

- What labs are being ordered (such as UPCR,\* eGFR,\* and C3 levels) and why are they important for my condition?
- What do my lab results mean and is there anything I should be concerned about?
- How often do my labs need to be monitored?



## Symptoms

- What do my symptoms (refer to list on previous page) say about my kidney health?
- Is there anything more we can do to help with these symptoms?



## Diet, exercise, and lifestyle

- How can diet, exercise, and lifestyle affect my kidney health, and what can I do to improve these areas of my life?
- Are there diet or exercise resources you recommend, like recipe websites, dietitians, or exercise routines?



## Looking to the future

- Are there any additional or repeat tests I should expect to receive to help monitor or learn more about my disease?
- Is there any new information about my disease that I should be aware of?
- Is there anything specific I should be on the lookout for before my next appointment, based on my results today or symptoms we discussed?
- What are realistic goals for managing my C3G or primary IC-MPGN?



Additional notes or questions to ask:

[illegible]

Remember to print out this guide, make any notes, and bring it to your next appointment!



**Keep track of your lab results** (such as UPCR, eGFR, and levels of C3 in the blood). These lab results may be an indicator of how your kidneys are doing and should be discussed regularly with your doctor.

	Date: _____	Date: _____	Date: _____	Date: _____
Lab/test name	Result:	Result:	Result:	Result:
_____				
_____				

\*UPCR=urine protein-to-creatinine ratio; eGFR=estimated glomerular filtration rate.