



The Confident Patient: A Doctor Discussion Guide for Taking Charge of C3G

Your path forward

Complement 3 Glomerulopathy (C3G) is a rare kidney condition where the immune system overreacts, triggering inflammation that can take a toll on your kidneys over time.

Living with C3G means some days feel totally fine...and others leave you wondering what your body's trying to tell you. But that's only part of the story. It's not always easy to find clear answers or know what to share with your care team. Speaking up about what you're experiencing can help you play an active role in your health – and feel more in control of it.

Why tracking matters



C3G can feel unpredictable, but tracking helps put some control back in your hands. Recording your symptoms, blood pressure, urine changes, and how you're feeling each day helps your healthcare team see the bigger picture.

You don't need fancy tools: a notebook, phone app, or calendar works. Over time, your notes can uncover patterns, spark important conversations, and give you the information you need to advocate for your care. The more you track, the more you and your nephrologist can work together to help protect your kidneys for the long run.

CKD Chronic Kidney Disease

Questions to ask your care team

Living with C3G can mean juggling a lot – lab results, symptom management, treatment choices – sometimes all at once. In the middle of it, it's easy for your most important questions to slip your mind.

Bringing a short list to your appointment helps you focus on what matters most, get clear answers in the moment, and leave knowing exactly what comes next. The more specific your questions, the better your [care team](#) can tailor their guidance to you and your life.

Not sure where to start? This list can help you feel more confident jumpstarting the conversation.

Understanding your condition:

- What do my most recent urine protein (uPCR/uACR) and creatinine results mean for my kidney health?
- What early signs might indicate my kidney function is changing?
- How do you expect my C3G to progress over the next few months or years?

Your care plan:

- Which symptoms should I watch for most closely?
- How often should I check my blood pressure or track other things like my weight or urine changes at home?
- Are there any daily habits, diet adjustments, or activity changes that could help my kidneys?
- Are there tests or monitoring I should be doing more often?

Your treatment:

- What treatment options are available for me right now?
- How do we decide when to start, change, or stop a treatment?
- Will my treatment plan need to change if my kidney function improves or declines?
- How might this treatment affect my daily life – things like work, travel, or diet?



Symptom Check-in

Spotting the small signs

C3G [symptoms](#) can range from subtle to severe – and may shift over time. Sharing even mild changes with your nephrologist can help shape your care plan. Let's take a closer look at how you've been feeling lately.

In the past month, have you experienced:

- New or worsening swelling in hands, feet, legs, or face
- Urine that's darker, pink, or foamy
- Higher blood pressure readings
- Increased fatigue
- Headaches
- Dizziness
- Shortness of breath
- Less frequent urination

The Check-up

Talking about what's changed

Your day-to-day perspective is something your [lab results](#) can't capture. If you've noticed swelling, rising blood pressure, changes in your energy, or anything that feels out of the ordinary, speak up.



When you talk with your nephrologist, you might say:

- "I've noticed more [swelling](#) lately."
- "My home blood pressure readings have been higher."
- "I've been more tired – could this be related to my C3G?"

Remember: Every detail you share is a step in advocating for yourself – and making sure your care reflects your needs.

