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**W**elcome to Macon Medical Group! We appreciate you giving us the opportunity to be of help to you and your family. Selecting Macon Medical Group (MMG) as your nephrology provider is an honor and we want you to know that we are truly dedicated to providing you the highest quality health care services delivered in a safe, compassionate, trusting environment.

We have created the following “Welcome Packet” to help you become more familiar with our practice, specifically our Patient-Practice Policies, kidney and hypertension-related condition resources, and to provide you one specific folder to keep all of your MMG information organized. Please bring this folder with you to every office appointment as we will continue to provide you resources for your benefit.

Discovering you may have a kidney and/or hypertension-related condition can be intimidating. However, you will learn that you are in the right place at the right time. New therapies are emerging and people with kidney and/or hypertension-related conditions are living longer and healthier than ever before. Research has proven that enrolling in a specialty practice like MMG is the best way to assure you get the most effective care for your condition. Working together with your other health care providers, our goals are to:

**EDUCATE** about kidney and hypertension-related conditions: A knowledgeable patient is the best type of patient as they make more informed choices. Patients can live longer healthier lives if they understand their condition, how we plan on managing their condition, and what they can do to prevent their condition from worsening.

**PRESERVE** the kidney function you still have: We will work together to eliminate high blood pressure, avoid medications that harm the kidney and assist in regulating your blood sugars if you have diabetes.

**REPLACE** any kidney function that has been lost: We will need to adjust your diet to decrease the toxins your kidney normally filters, supplement natural hormones that a healthy kidney produces, and maintain fluid balance in your body.

**PREPARE** for the possibility that your kidneys may completely fail: We will help you and your family understand your treatment options including dialysis & transplantation, as well as assist in transitioning to the treatment option you select.

MMG’s doctors and medical staff are experts in kidney and/or hypertension-related conditions, but you are the expert on your own body. You play the most important role in maintaining your health.

In order to empower you to get the most effective treatment you need to do the following:

1. Purchase a blood pressure cuff and learn to use it. We recommend the Omron arm cuff (\$50-80) or the CVS arm cuff (\$ 30-\$40): Avoid wrist cuffs and finger sensors. Record your blood pressure as recommended by our nephrology team. We request that you **BRING YOUR BLOOD PRESSURE LOG TO EVERY OFFICE APPOINTMENT**, or return as directed by our nephrology team.
2. **BRING YOUR MEDICATION BOTTLES WITH YOU TO EVERY OFFICE APPOINTMENT.** Bringing the actual bottles will assist us in verifying dosing information. We must have this in order to give you any additional medication and/or refills.
3. Make a list of questions that you may have in between your scheduled office visits. Asking questions is a great way to get involved with your care, and writing them down ensures that you don't forget them. **BRING YOUR LIST OF QUESTIONS WITH YOU TO EVERY OFFICE APPOINTMENT.**
4. If you are hospitalized, for whatever reason, **PLEASE NOTIFY THE PHYSICIANS AT THE HOSPITAL THAT YOU ARE UNDER THE CARE OF MACON MEDICAL GROUP FOR YOUR KIDNEYS.** It is extremely important that other physicians know that you are under our care as we can help assist them with your medical condition(s).

Please Keep In Mind:

1. If you are prescribed new medication, please contact our office so that we are aware. Please remind all prescribing physicians to use renal dosage when prescribing you medication.
2. You **MAY** use only plain Tylenol with a **MAXIMUM** of 325mg twice a day.
3. Do **NOT** use NSAIDs such as Advil or Motrin.
4. Do **NOT** use fleet enemas.
5. If you are scheduled for any procedures in which IV dye is needed such as CT scans, MRIs or an Arteriogram, you will need to be cleared by our office **FIRST**. Do not have IV dye injected unless you have been cleared by your physician.
6. During your care, you will rotate seeing each of our Physicians. This is to ensure that you are comfortable and familiar with each of them, as they are with you. In the event that you are ever in the hospital, we want you to know the Physician that is taking care of you.

Finally, the mission of Macon Medical Group is to provide effective clinical outcomes and superior service to our patients. If you feel we aren't accomplishing this mission, please contact me directly at the number listed below. Again, thank you for giving us the opportunity to serve you.

Sincerely,

Practice Administrator