Kidney Q&A

0-3 months

Q: What happens to me if I miss some dialysis?

A: **Did you know that in-center hemodialysis and peritoneal dialysis (PD) replaces only about 15% of what healthy kidneys do? Healthy kidneys work 24 hours a day, 7 days a week. More treatment is better. Each time you shorten or miss a treatment, you take minutes off your life. Research shows that if you shorten or skip treatments you have a higher risk of illness and early death.**

If you do **in-center hemodialysis**, it's important to go to every treatment and to stay for the whole time. Cutting your treatments short even by 5 minutes can mean losing more than 13 hours of dialysis a year—or about three treatments.

If you do **PD**, it's important to do each exchange and to use the right amount of fluid. Even if you feel okay right now, over time you can get sick if you don't get enough dialysis.

What *I* can do to stay healthy on in-center hemodialysis:

❏ Call my staff if I can't come to dialysis, so I can reschedule.

❏ Talk to my social worker if I need help finding rides to treatment.

❏ Tell my nurse if I get jumpy at the end of a treatment and want to stop early.

❏ Follow my sodium and fluid limits so my treatments are more comfortable for me.

❏ Learn my dry weight and when it needs to be changed, so I can feel my best.

❏ Know my adequacy numbers and be sure I am getting enough treatment.

❏ Visit module 10 of Kidney School™: *Getting Adequate Dialysis* at www.kidneyschool.org to learn more.

What *I* can do to stay healthy on PD:

❏ Plan ahead to have the supplies and space I need to do my exchanges, even when I'm not at home.

❏ Call my PD nurse for advice if I need to miss a treatment.

❏ Set up my room so I have all I need around me for nighttime treatments.

❏ Visit module 10 of Kidney School™: *Getting Adequate Dialysis* at www.kidneyschool.org to learn more.

❏ Visit Home Dialysis Central at www.homedialysis.org to learn more.

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