



Kidney Q&A

0-3 months

Life Options Rehabilitation Program

414 D'Onofrio Drive, Ste. 200

Madison, WI 53719

www.lifeoptions.org

Q: What can I do to make dialysis go smoothly?

A: Making dialysis go smoothly includes working well with your care team, fitting in to the routine of your center, and having good treatments that make you feel better. You will want to get to know the staff who take care of you—their names, their roles, and how each one can help you.

Learning as much as you can about dialysis and how it works for you is another key to doing as well as you can. And following your treatment plan will give you the best chance of feeling well and having your dialysis go smoothly.

If you do dialysis at home, you can help things go smoothly by working closely with your home training nurse, learning the steps of your treatment, and understanding what to do if you hit a snag. Track your supplies so you always have enough, and set up a routine so you always do your treatments the right way.

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

- Come to my center on time and check in so they know I am there.
- Treat my care team with respect—the way I like to be treated—and tell them honestly how I feel.
- Wear comfortable, warm, easy-to-wash clothes, like sweats.

- Bring a comfort kit with me—a small tote bag with lip balm, a book or magazine, a crossword puzzle, radio with headset, etc. Include a blanket or pillow if my center doesn't have them.
- Follow my meal plan and fluid limit, and take my medications as prescribed.
- Eat less salt so it's easier to follow my fluid limit.
- Do all of my treatments as they are prescribed and stay for the whole time so I feel my best and can have a full life.
- Ask at least one question and learn one new thing at each treatment.

What I can do to stay healthy on peritoneal dialysis (PD):

- Come to my clinic visits on time.
- Treat my care team with respect—the way I like to be treated—and tell them honestly how I feel.
- Order my supplies on time so I don't run out.
- Do my exchanges just as I'm taught so I can avoid peritonitis.
- Follow my meal plan and fluid limit, and take my medications as prescribed.

What can I do to make dialysis go smoothly?

Continued on back

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Q: What can I do to make dialysis go smoothly?

- Eat less salt so it's easier to follow my fluid limit.
- Do all of my exchanges as they are prescribed so I feel my best and can have a full life.
- Ask at least one question and learn one new thing at each clinic visit.
- Visit Home Dialysis Central at www.homedialysis.org to learn more.