



Kidney Q&A

0-3 months

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Who can help me explain dialysis to my family and friends?

Q: Who can help me explain dialysis to my family and friends?

A: When you are on dialysis, your family and friends may imagine things about what dialysis is like. Rather than letting them worry needlessly, you should offer to find someone to explain dialysis to them. Your physician and most staff members can help family and friends understand dialysis. However, your nurse or social worker may be the best suited for this. Be sure that whoever describes dialysis to your family explains it in terms non-medical people can understand. Also, be sure that your family and friends let staff members know if they don't understand. Because of privacy rules, you need to let the staff know who they can talk with about your health treatment.

What I can do to help explain dialysis to my family and friends:

- Ask my family and friends if they'd like to know more about my illness and treatment.
- Ask the nurse or social worker to help my family and friends understand dialysis.
- Tell the staff who they can talk with about my health and treatment and share their contact information.