



# Kidney Q&A

4-12 months

Life Options Rehabilitation Program  
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[www.lifeoptions.org](http://www.lifeoptions.org)

## Q: How can I avoid missing work or school

**A:** Dialysis is like a part-time job that can take up a lot of your time. But people all over the world find ways to work or study with dialysis, and you can, too.

**Stay healthy:** To be able to go to work or school each day, you need to follow your treatment plan to stay healthy and avoid missing work or school.

**Care for your dialysis access:** You can avoid some hospital stays by keeping your access healthy. If you have a hemodialysis catheter, ask your doctor about getting a fistula or graft to reduce your risk of infection and poor dialysis.

Share your work or school hours with your care team. Your center may:

- Give you a shift time that fits your schedule
- Ask another patient to trade with you
- Put your name on a waiting list to get the time you want
- Suggest another nearby center that has the time slot you need

Consider home dialysis or a transplant. These treatments put you in charge of your schedule, so you can fit in treatment plus work or school.

**How can I avoid missing work or school:**

- Get every minute of dialysis I'm supposed to have, which is \_\_\_\_\_.

- Eat foods that are on my meal plan and follow my fluid limit.
- Take my medications as ordered.
- Exercise, with my doctor's okay, to have the energy I need.
- Learn how to check my access each day and report any problems.
- Learn how to place my own dialysis needles so I have fewer access problems.
- Ask my center for a treatment time that fits my schedule. Look for clinics with shifts after 5pm at [www.medicare.gov/Dialysis/Home.asp](http://www.medicare.gov/Dialysis/Home.asp) (see "facility characteristics").
- Ask my employer or school if I can work around my treatments.
- Talk with my care team about home dialysis or a kidney transplant. Visit Home Dialysis Central at [www.homedialysis.org](http://www.homedialysis.org) to learn more.
- Visit module 8 of Kidney School™: *Vascular Access: A Lifeline for Dialysis* at [www.kidneyschool.org](http://www.kidneyschool.org) to learn about caring for my access.
- Read *Employment: A Kidney Patient's Guide to Working and Paying for Treatment* at [www.lifeoptions.org](http://www.lifeoptions.org).