



Kidney Q&A

4-12 months

Life Options Rehabilitation Program

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Q: Can I still enjoy things I used to do alone (long walks, boating, etc.)?

A: When you started dialysis, you may have had times you felt dizzy or unsteady on your feet—especially if your treatment took off too much water, too fast.

Use common sense: If you still feel shaky some days, it's not a bad idea to take someone with you when you go walking, boating, biking, skating, skiing, or other things that require steadiness and balance. It will give you time together to do something fun, help your loved ones feel more secure, and build your confidence about being able to do things you enjoy.

Take safety precautions: When you are used to dialysis and don't feel dizzy, you can strike out on your own. It's a good idea to take money and a cell phone when going out. This way you can call your loved ones to let them know if you'll be home late or if you need help. Carry an ID with the name of someone to tell in an emergency, just to be on the safe side. A MedicAlert® bracelet can do this for you, so you don't have to think about it.

What I can do to enjoy activities by myself:

- Follow my treatment prescription, including my diet, drugs, and dialysis schedule.
- Always listen to my body...it may feel different each day I do something.
- If you feel dizzy, lightheaded, weak,

nauseous, very out of breath, stop what I'm doing and take a break, then decide if I should keep going or stop for the day.

- Be honest about how I feel and don't let my pride keep me from asking someone to do things with me.
- Tell someone where I'm going and when I plan to be back. Call if I know I'll be late.
- Carry ID, emergency contact, cell phone, and money.
- Wear MedicAlert® jewelry: I can buy it at www.medicalert.org.
- Visit module 12 of Kidney School™: *Staying Active with Kidney Disease* at www.kidneyschool.org to learn more about things I can do on dialysis.