



Dialysis Center Phone Number: _____

Emergency Contact: _____

Treatment Date/Time: _____

Before You Leave Home

- ☐ Take medications as directed by your doctor for dialysis treatment days
- ☐ Follow fluid intake and diet plans
- ☐ Check your access site for redness, swelling, drainage, pain, or bleeding
- ☐ Check your fistula or graft for thrill and bruit
- ☐ Bring an updated medicine list
- ☐ Wear comfortable clothes that don't cover your access site
- ☐ Pack a blanket or loose sweater in case you get cold
- ☐ Pack items to entertain you or to help you work (books, headphones, puzzles, computer)

Before Starting Treatment

- ☐ Tell your care team about any changes in medicines and recent illness or hospital stays
- ☐ Tell your care team about any new symptoms or concerns
- ☐ Check your weight before treatment

During Treatment

- ☐ Keep your access site uncovered so staff can always see it
- ☐ Follow care team instructions about how to move and position your body
- ☐ Report any of these symptoms or problems right away:
 - feeling dizzy or faint
 - chest pain or pressure
 - shortness of breath
 - muscle cramps
 - severe headache
 - nausea or vomiting
 - irregular or rapid heartbeat
 - fever or chills
 - large amount of swelling in your feet, ankles, hands, or face
 - pain, warmth, redness, drainage, or bleeding at the access site
 - catheter dressing is loose, wet, or dirty
 - dialysis needles moving or coming out of the access site
- ☐ Call for help right away if you don't feel well
- ☐ Check with your care team that you received your full prescribed treatment time
 - **IT IS VERY IMPORTANT TO STAY FOR YOUR FULL TREATMENT.**
 - Leaving early can:
 - Leave extra fluid in your body.
 - Put strain on your heart.
 - Make your next treatment longer and harder on your body.



After Treatment at the Dialysis Center

- ☐ Check your weight after treatment
- ☐ Wait until your care team says it is safe to leave
- ☐ Check that bleeding has stopped at needle exit sites and that pressure bandages are secure

During Travel and at Home

- ☐ Call the dialysis center if access site bleeding has not stopped
- ☐ Follow post-treatment care instructions on when to remove pressure bandages and how to protect needling sites
- ☐ Be aware of dizziness or weakness when standing
- ☐ Follow your care team's guidance on fluid limits and what you eat and drink
- ☐ Rest if needed
- ☐ Call the dialysis center if any problems start after you leave

Emergency Warning Signs

Get medical help right away or call 911 if you have:

- chest pain
- trouble breathing
- bleeding that won't stop
- fainting
- signs of stroke (facial droop, trouble speaking, loss of balance, vision changes, face drooping, arm weakness)

What to Do Between Treatments

- ☐ Follow the daily fluid limit that your care team recommends. Fluids include milk, coffee/tea, soup, ice cubes, ice cream and other foods that melt at room temperature. Talk with your dietitian about how to manage thirst and fluid intake.
- ☐ Limit salty foods and drinks. Extra salt in your diet will make you thirsty and can increase blood pressure.
- ☐ Check your blood pressure and weight as instructed by your care team.

Next Treatment Date/Time: _____

For more information, contact the National Kidney Foundation

Toll-free help line: **855.NKF.CARES** or email: **nkfcares@kidney.org**

