



## Guide to a Healthier You

*This resource is a quick overview of what you need to know about your dialysis treatment. Please read it, write down questions you have, and talk to a member of your care team.*

### Missing Treatments

Missing treatments allow the toxins in your body to build up to dangerous levels. This could make you feel ill and increase your risk of being put in the hospital.

You may experience the following symptoms if you choose to miss dialysis treatments:

- Trouble breathing
- Swelling in the feet and legs
- Poor appetite
- Nausea and vomiting
- Heart problems

*Patients who miss treatments are also at higher risk for infection and more likely to have more emergency room visits.*

Patients who miss dialysis also do not get the medications that would normally be given during treatment. These medicines are important to your health because they treat common conditions found in dialysis patients like anemia or bone disease or help manage other disorders.

### Take Medication as Prescribed

To get the best health outcomes, take your medication as prescribed by your doctor. It will help you control your blood pressure, cholesterol, and fluid. It will also help you stay out of the emergency room.

### Take Action to Prevent Infections

- Wash your hands before you enter the dialysis center.
- Check your vascular access daily for signs of infection.
- Get the flu and pneumonia vaccine.

Common types of infections for dialysis patients include:

- *Blood stream infections*
- *Access site infections*
- *Pneumonia*
- *Urinary tract infections*
- *Peritonitis or inflammation of the lining of the belly*

### Test Your Hand Hygiene Knowledge

Scan the QR Code to take the *Test Your Hand Hygiene Knowledge Interactive Tutorial*. The quiz is for patients, caregivers, and healthcare workers.

