

Don't Miss a Minute of Dialysis!



WHY DIALYSIS IS IMPORTANT

- **What is Dialysis?**

Dialysis is a special treatment that helps remove waste from your blood when your kidneys can't do it. You need dialysis to clean your blood to stay healthy.

- **How Often Do I Need Dialysis?**

Most people need dialysis three to six times a week, depending on the type of dialysis they are getting. It's like a special job that your kidneys need help with.

WHY YOU SHOULDN'T MISS DIALYSIS

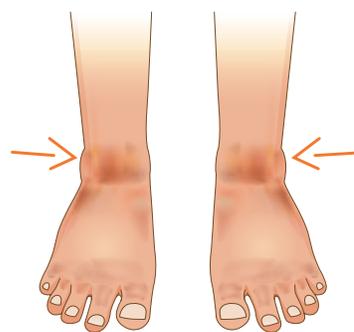
- **What Happens if I Miss Dialysis?**

Missing even a little bit of dialysis can make you sick.

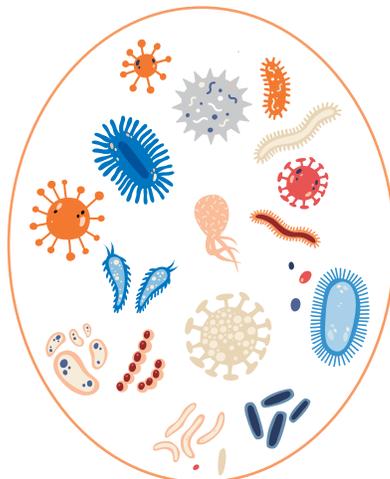
Your blood won't get cleaned properly, which can cause:



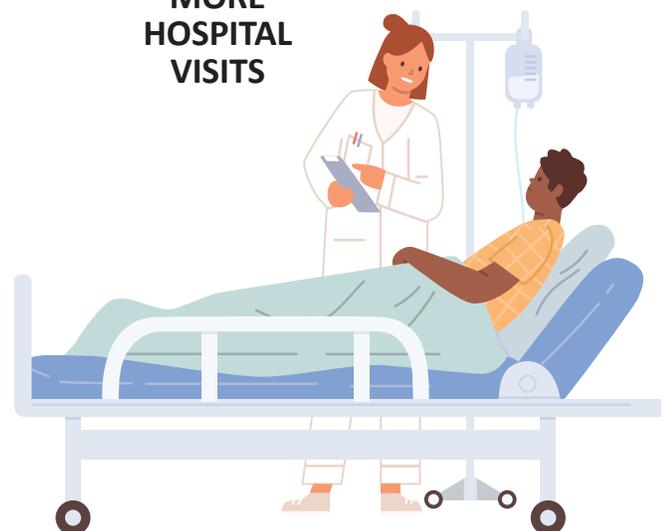
SWELLING IN YOUR ANKLES OR STOMACH



RISK OF INFECTIONS



MORE HOSPITAL VISITS



Don't Miss a Minute of Dialysis! (continued)



Stay for Your Full Treatment

- **Why Do I Need to Stay the Whole Time?**

If you don't stay for the full treatment, waste and extra fluids build up in your body. Even if you feel okay now, this can hurt you later.

- **Missing Any Treatment Time Matters**

- Missing one treatment a month adds up to missing a whole month of treatment each year.
- Shortening each treatment by just one hour means you miss 36 treatments a year.

Tips to Make Dialysis Easier

- **How to Pass the Time**

- Bring a book to read
- Watch your favorite shows or movies
- Listen to music or podcasts
- Talk to other patients or staff

- **Can't make it to your treatment due to an emergency or conflict?**

- Contact your facility so they can help reschedule your appointment.



End-Stage Renal Disease
Network Program

For more information or to file a grievance, please contact us:

IPRO End-Stage Renal Disease Network Program

Corporate Office: 1979 Marcus Avenue, Lake Success, NY 11042-1072

Patient Services: (516) 231-9767 • Toll-Free: (800) 238-3773

Email: esrdnetworkprogram@ipro.org • Web: esrd.ipro.org

This material was Developed by the IPRO ESRD Network Program, comprising the ESRD Networks of New York, New England, the South Atlantic and the Ohio River Valley, under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. Views expressed in this material do not necessarily reflect the official views or policy of CMS or HHS, and any reference to a specific product or entity herein does not constitute endorsement of that product or entity by CMS or HHS. Publication # ESRD.IPRO-G2-NW-20240805-367 8/15/2024 v.6 vb