

Missing or Shortening your Hemodialysis Treatments

- Hemodialysis only replaces a small part of the normal functions of your kidneys.
- If you don't get enough dialysis, waste products and fluid will build up in your blood and you may become sick.
- Shortening your treatments will put you at a higher risk for death. The following are some of the symptoms you may have:
 - You may feel weak and tired all the time
 - Poor appetite, nausea
 - Metallic taste in your mouth
 - Skin is more itchy
 - Inflammation of your heart
- You are also at a higher risk for infections and illness.

Missing or shortening your treatments can prevent you from getting on the list and/or being considered for a transplant.

Time Lost When You Shorten Your Treatment

(The chart shows how much time is lost if you dialyze 3 times a week and don't finish your whole run)

| Minutes Lost | | | | | |
|---------------|----------|-----------|----------|---|---------------------|
| Per Treatment | Per Week | Per Month | Per Year | | Hours Lost per Year |
| 1 | 3 | 13 | 156 | → | 2.6 hours |
| 3 | 9 | 39 | 468 | → | 7.8 hours |
| 5 | 15 | 65 | 780 | → | 13 hours |
| 10 | 30 | 130 | 1560 | → | 26 hours |
| 15 | 45 | 195 | 2340 | → | 39 hours |
| 20 | 60 | 260 | 3120 | → | 52 hours |
| 25 | 75 | 325 | 3900 | → | 65 hours |
| 30 | 90 | 390 | 4680 | → | 78 hours |

health watch

Remember: If transportation is an issue, have a couple of backup alternatives when there is an unscheduled or unplanned event. (i.e. bad weather, detour on your route, your regular transportation is unable to bring you)

Remember when you are well-dialyzed you will:

- Feel good overall
- Have a good appetite
- Feel more like being around family and friends
- Have more energy
- Sleep better