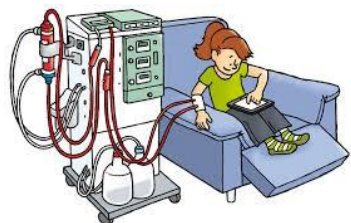


# SKIPPING OR SHORTENING OF TIME ON DIALYSIS



**NATIONAL  
RENAL CARE**



## Why do you need dialysis?

With kidney damage your kidneys doesn't get rid of extra fluid, electrolytes and toxins your body doesn't need. This causes you to feel ill, tired, lowers your immunity (body's ability to fight illness/infections) and fluid building up in your body causing breathing problems

Your dialysis treatment helps to clean your blood by removing the toxins and electrolytes and also removes extra fluid your body doesn't need.

## Researched facts about shortening or skipping your dialysis treatment

- Patients who shorten three or more dialysis treatments in a month have a higher risk of death than those who completes the whole dialysis treatment.
- Patients that skip or shorten dialysis time will have a higher risk of infections and illness.
- Shortening or skipping sessions will cause patients to be removed/not considered for transplant.
- Missing one treatment per week equals one month per year and take years of that individual's life.
- Skipping or shortening your dialysis session causes fluid to build up in your body causing irreparable damage to your heart.

## What is enough dialysis?

- Normal kidneys removes solutes and fluid 24 hour per day, 7 days a week.
- When in end stage renal failure it means that your renal function is less than 15%.
- That means you need a replacement therapy like hemodialysis/peritoneal dialysis to remove the solutes and fluid to make you feel better and prevent death.
- Your attending doctor will prescribe your optimal dialysis script according to your blood results and renal function left. Normally it is 4 hours dialysis 3 times a week for hemodialysis as per international guidelines.
- Your Kt/V should be at least 1.2 per dialysis session

**PATIENT TUTORIAL**

## Signs and symptoms of fluid overload?

- High blood pressure
- Swelling of hands, feet and face
- Shortness of breath, esp



## High potassium

Potassium is a very important electrolyte in the body, it helps to regulate the water balance with Sodium as well as regulates the acid-base of your body. Then skipping/shortening a dialysis session your Potassium can increase rapidly, which in turn is life threatening. Symptoms of a high Potassium include nausea, tingling sensation in fingers/legs, muscle weakness and tiredness

## Time lost

- 10 minutes lost per treatment = 26 hours/6.5 treatments lost per year
- 15 minutes lost per treatment = 39 hours/9.5 treatment lost per year
- 20 minutes lost per treatment = 52 hours/13 treatments lost per year
- 30 minutes lost per treatment = 78 hours/19.5 treatments lost per year