

Questions to Ask at Dialysis

You may have a lot of questions about dialysis and what to expect. The questions below will help you as you start dialysis. Keep a notebook to write down any other questions. Your care team will include a nephrologist, dialysis nurse, social worker, dietitian, and technicians. They will be able to answer your questions. Here are some that many new patients ask:

- What happens during dialysis and how often do I need to do it?
- What's the best dialysis for me?
Can I do it at home?
- What is a kidney transplant?
Can I learn more?
- Is it OK to miss dialysis treatments?
- What can I do while I'm on dialysis?
- Who can help me with learning my new diet?
- Is there someone I can talk to about all these changes?
- How should I protect myself against COVID-19 now that I'm on dialysis?
- What would happen if I tested COVID-19 positive?

Are you interested in learning more about staying healthy after your hospital visit?

Visit www.esrdncc.org/patients.
Select "For New Dialysis Patients."

Visit The Kidney Hub—a mobile-friendly web tool created with patients, for patients. www.TheKidneyHub.org



Scan with your mobile device's camera



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New to Dialysis?

Hospital Discharge Checklist





Learning you have kidney disease and now need dialysis may leave you with many questions. If there is something you don't understand, remember it is ok to ask your care team to explain. Use this checklist to prepare for your hospital discharge. **Check off the boxes as you complete the tasks before discharge:**

Care Team

- Invite my caregiver to be a part of the hospital discharge discussions.
- Ask the hospital staff about my treatment choices. A member of the care team spoke to me about home hemodialysis, peritoneal dialysis, and in-center hemodialysis.
- Talk with my care team about kidney transplantation and what it could mean for me.
- Learn about my new diet and food choices. Make sure I know what I should eat before leaving the hospital and before clinic with a kidney (renal) dietitian.
 - ___ I know some food may taste differently, or I'm too tired to eat. But, it is important to still try to eat protein.
- Talk to my care team about what my fluid intake should be. Learn about different ways to keep track of it.
 - ___ I know I will need to change how much fluid I drink. *Remember: some foods are considered fluid, such as popsicles or gelatin.*

Follow-up Care

- Know the location, appointment time, and items to bring for my first dialysis appointment (in-center dialysis appointment or home dialysis appointment).
- Make a list of all my doctors and medicines. Take this list with me to my first dialysis appointment.
- Ask about care for my access, central venous catheter, or peritoneal dialysis catheter. I know not to get it wet, change the dressing, or scratch at it.
- Talk to the hospital about sharing my change in health information with my other doctors. My doctors are:

Medicines

- Ask my care team about how to take my new medicines. I know which ones are important to take at the right time, such as taking "binders" with meals.
- Ask about the medicines I was taking before I came to the hospital and how I should continue taking them.

What to Expect

- Know it is going to take time for my body to adjust. I can expect to feel tired and will rest.
- Ask about my "dry weight." Understand what it means and why it is important to keep track of it.
- Ask to see a dietitian when I go for my dialysis appointment. A dietitian can help me with meal prep.
- Be open to talking about how I'm feeling and what I need, physically and emotionally. I can speak to the social worker at the dialysis facility and ask for help.