




It's All Connected!

Stick with Treatment to Meet Nutrition and Fluid Goals

Missing and shortening dialysis treatments can lead to poor nutrition and excess fluid. Ultimately, skipping treatment time is linked with higher risk of hospitalization and death.

How Missed Treatments Put You at Risk		
<p>Fluid Overload</p> <p>Dialysis helps remove extra fluid from the body. Excess fluid can cause:</p> <ul style="list-style-type: none"> • Swelling (edema) • Increased blood pressure • Difficulty breathing • Low Albumin <p>Excess fluid can lead to more cramping and blood pressure issues at your next treatment.</p>	<p>Build-up of Toxins</p> <p>Dialysis helps remove waste products from the body, including:</p> <ul style="list-style-type: none"> • High potassium → irregular heartbeat or heart attack • High phosphorus → weakened bones, increased risk of heart disease • Increased Urea → nausea, vomiting, fatigue, confusion, loss of appetite 	<p>Missed Medications</p> <p>Many patients receive medication at dialysis for anemia and bone disease.</p>  <p>Without these medications, anemia and bone disease can get worse.</p>

Treatment + Diet = Fluid Overload Prevention

- **Stick to your treatment schedule to remove extra fluid.** Shortening each treatment by just 5 minutes adds up to about 13 hours (3-4 full treatments) per year.
- **Follow your fluid allowance.** For most dialysis patients, the recommended fluid intake is 32 ounces per day plus the amount of urine output. Your dialysis team can help you determine what fluid amount is right for you. Sticking to your fluid allowance helps you gain less weight between your treatments and reach your dry weight every time.
- **Limit your sodium intake to less than 2,300mg per day.** Cook at home and limit takeout. Use herbs and spices in place of salt to season your food. Swap out salty snacks for unsalted options.
- **Manage your blood sugar.** High blood sugar can make you feel thirsty and cause you to drink too much.
- **Get enough protein.** Keeping your Albumin at or above 4.0 can aid fluid balance in your body.
- **Be prepared for emergencies.** Whenever you have a conflict with your dialysis time, try to reschedule your treatment. If there is an emergency that prevents you from making it to treatment, reduce your fluid intake by 50% (16 ounces) and avoid all high potassium foods until you can have treatment again. Follow the 3-Day Emergency Diet provided by your Registered Dietitian.

