

# Research Study About Muscle Cramps and Hemodialysis

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## WHAT ARE MUSCLE CRAMPS?

Muscle cramps are sudden painful muscle contractions or spasms anywhere in the body. They can last seconds to minutes and can happen during dialysis or at home, during the day or at night. They happen often for people on dialysis.

## UNDERSTANDING CRAMPS

Your hemodialysis centre is one of many centres across Canada participating in a study that is gathering information from patients to learn about how muscle cramps affect patients on hemodialysis.



## HOW CAN YOU PARTICIPATE?

Several times a year you will be asked 1 question about the muscle cramps you may have experienced in the past week. This information will be used by researchers to gain a better understanding of how dialysis affects muscle cramping and will not contain your name or other personal information. You can verbally agree or choose not to answer the question. Your decision will not affect your care.

