

Dialysate Magnesium Trial

What you need to know

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MILLION
people
worldwide

rely on dialysis to sustain their health.

Dialysis is needed to remove
extra fluids and waste products
from the blood.



The fluid in dialysis is called **dialysate**, which contains **magnesium**- an essential component that supports heart, muscle, and bone health.



Some magnesium is removed from the body during dialysis. Adding magnesium to the dialysate helps replaced it



Your healthcare team wants to know what amount of magnesium in the dialysate is the **most beneficial for patient health**.



This trial was designed by kidney specialists, hospital administrators, researchers, and patients receiving dialysis



All patients who receive care in this centre are a part of the trial (with 150+ participating centres across Canada).



The trial will compare dialysate magnesium concentrations **currently used** in Canada as a **standard of care**.

Nearly all information in this trial will be collected by your healthcare team as **part of your regular care**.



Most information from participating hemodialysis centres will come from available large healthcare databases whose **privacy and security policies comply with the highest standard**.

The trial is expected to run for several years.

Patients in this centre will receive **the same** dialysate magnesium concentration, unless otherwise recommended by their doctor.

Our team wants to help find relief from the symptoms that affect patients' quality of life.



Muscle cramps - sudden painful muscle contractions or spasms anywhere in the body - can be an unpleasant side-effect of dialysis. The reasons muscle cramps occur are largely unknown.



To better understand how muscle cramps affect patients on hemodialysis, several times a year you will be provided with an opportunity to answer *one question* to describe, on average, how much muscle cramps bothered you in the past week (on a scale from 0 to 10).



Unless collected as a part of routine care, *answering this question is voluntary* and no personally identifying information will be collected for research purposes. You can verbally agree or choose not to answer the question. Your decision will not affect the quality of your care.



Always talk with your doctor, nurse, or other healthcare provider before starting a new medication or supplement.

If you have any questions, please speak with your dialysis care physician.

Frequently Asked Questions

What are the potential benefits of this trial?

This trial may help find the dialysate magnesium concentration most beneficial for patient health. This could then become the standard policy used in this dialysis centre and centres around the world. Dialysate magnesium may help people have a longer life with less heart disease, fractures and muscle cramps.

What are the potential risks of being a part of this trial?

The dialysate magnesium concentrations that will be compared in this trial are used in current clinical practice in Canada. Participating in this trial is no different than switching to a different centre for dialysis treatments (as different centres might use different dialysate magnesium concentrations).

Will my regular hemodialysis sessions change because this centre is participating in the trial?

This trial is designed to be a part of your standard care, so you will likely notice minimum to no changes in your regular hemodialysis sessions.