

It is important that you to show up for your dialysis treatments — each and every run. It's for your physical well-being.

What if I need to miss a hemodialysis treatment?

Generally, it is best not to miss treatments. If you absolutely must miss your treatment, please call the hemodialysis unit as soon as you know.

What if I feel too sick to come to hemodialysis?

The reason for feeling sick may be related to your kidney disease, so coming for dialysis is very important. If you feel sick, call the dialysis unit and get instructions from them. If you have severe problems such as shortness of breath, chest pain, abdominal pain, unusual weakness, excessive bleeding, etc, call 911 or go to your nearest Emergency Room.

If you are admitted to hospital, please ask your nurse at that hospital to call your hemodialysis unit. We will arrange for you to receive your next hemodialysis treatment.



Why is it important that you receive your full dialysis treatment?

Hemodialysis treatments only replace a small part (less than 5 to 10%) of the normal function of your kidneys. If you don't get enough dialysis, your blood will hold on to more of your body's waste products and increase the chances that you'll feel sick.

You will also be at higher risk for infection and bleeding. Because extra fluid will need to be pulled off when you next have dialysis, you may have cramps and your blood pressure may be low.

If you don't have enough dialysis, you may experience some or many of these symptoms:

- Feeling weak and tired all the time
- Difficulty sleeping
- Loss of real weight, poor appetite, nausea
- Shortness of breath
- Bad taste in mouth
- Body odor
- Itchy skin

Time Lost When You Shorten or Miss your Dialysis Time

You can reduce your chances of having these problems by receiving your full dialysis treatment time. Try to show up for your dialysis on time and stay for your full treatment. If you show up late or leave early, you will miss valuable treatment time. We can talk to you about this, but in the end it is your decision. If you regularly miss or shorten your treatments, it adds up and can cause permanent harm to your body. By participating in your care, you improve how your body responds to the dialysis treatment.

Shortened Treatments	
Minutes lost each treatment	Dialysis hours lost each year
10	26 hours
15	39 hours
20	52 hours
30	78 hours

*assumes 3 - 4 hour dialysis treatments per week

Missed Treatments	
Minutes lost each treatment	Dialysis hours lost each year
12 (1 per month)	48 hours
24 (2 per month)	96 hours
36 (3 per month)	144 hours

What happens if I don't show up for a hemodialysis treatment and I do not call the unit?



Your safety is important to us. If, you do not show up for a specific treatment, we will attempt to contact you to check how you are doing.

If we cannot reach you, we will attempt to contact a family member/friend. If none of these contacts can reach you, we will call the Police/RCMP and ask them to check in on you at your home to make sure you are safe (it is called a “well-being” check.)

If you do not want us to contact a family member/friend or the Police/RCMP to do a “well-being check,” please discuss this with your dialysis team.