Hemodialysis appointments

Dear patient,

Due to the complex organisation and medical factors, we request that you take the following arrangements into account. We ask for your understanding.

Doctors and staff of the dialysis centre.

When do you need to come to the hospital urgently?

1 High potassium

If your potassium gets too high, your muscles will be paralyzed. First the muscles of the limbs, then the heart muscle. This means sudden death.

If you feel that your limbs feel heavy, if the strength is disappearing from your limbs, if you can no longer stand on your feet properly, if you are less able to lift something, then **you need to come to the hospital urgently**. Sunday, weekday, day or night; doesn't matter. After all, your life is in danger. You have to be brought and don't drive yourself!

The reason why your potassium is getting too high is an excessive intake of edibles that are high in potassium. The main ones are: vegetables, fruit - and certainly exotic fruit -, fruit juices, chocolate, crisps and chips, crustaceans and shellfish, nuts, all preparations in which vegetables are processed such as soup and stew!! The seasons with fresh strawberries, new beans and new potatoes - popularly known as 'the new potatoes' - are especially dangerous. It's easy to eat too much of what tastes good. It becomes especially dangerous on weekends when the time between 2 dialysis sessions is the longest.
Then the potassium can accumulate in your body for 3 days instead of 2 days. So be careful in all these circumstances.

azdelta
Uw ziekenhuis.

This brochure is revised on 22/01/2024 0520 6105-EN

2 Too much fluid intake

Drinking too much means too much weight gain and since you no longer water out the ingested fluids, or practically no longer water them, this fluid remains in your body. **If you become short of breath** due to excessive weight gain between 2 dialysis, it means that there is water in your lungs. **This has to be removed as soon as possible**. Otherwise, you will 'drown' in your own water. This complication also occurs most often towards the end of the weekend. When you're very thirsty, melting in the mouth of an ice cube is better than drinking large amounts of fluids!

3 Fever

In order to be on dialysis, an access road is required. This is your lifeline and, in addition to medication and diet, is vital to your treatment. Even good hygiene and sterile work cannot avoid all problems. A number of important symptoms can indicate that something is not right. Most of the symptoms can be noticed by yourself.
Redness, pain, swelling, and FEVER are alarming situations. In this case, you should immediately come to the hospital where an appropriate and effective treatment will be instituted to save yourself and your lifeline.
The catheter entrance always remains wrapped in a special dressing; an envelope bandage. This should NEVER be opened!!

Appointments

1 Sequence of procedures

The sequence of procedures is determined not only by the time of arrival, but also by other factors, such as the duration of the dialysis, examinations to be performed before or after dialysis, the need for medication during dialysis, etc. Therefore, it is important to respect the sequence of procedures indicated by the nurse in order not to compromise the proper functioning of the dialysis.

Although we always strive to treat patients at the same dialysis unit and in the same dialysis shift as far as possible, this may not be possible for organisational reasons.

2 Weighing - dialysis clothing

During each dialysis session, your weight is determined on arrival and departure. It is best to always come with approximately the same clothing and shoes so that we can check your weight better.

If a dialysis catheter is in place, it is best to wear clothing that can be opened far enough at the front.



If you have a fistula, please do not wear any clothing that is tight around the arm. We can then roll up your sleeves to cannulate the fistula for dialysis.

3 Visitors

We ask that you do not receive visitors at the dialysis centre. Exceptions can be discussed with the nurses.

4 Waiting



To ensure that the organisation and bed and wheelchair transport run as smoothly as possible, we kindly ask you to wait in the waiting room until a dialysis staff member comes to get you.

5 Mobile phone



The use of a mobile phone during dialysis is permitted.

6 Laptop and tablet



The use of a laptop and tablet is permitted during dialysis. To access the hospital network, a Wi-Fi connection can be requested. It is best to speak to the dialysis nurse about this. The nurse will then arrange a Wi-Fi connection for you.

7 Blankets

It is not permitted to bring your own blankets, pillows, etc., to dialysis.

8 Tablets

During dialysis, you can use a tablet to watch TV or listen to the radio. It is easiest to bring earphones or headphones to dialysis.

9 Mask

Patients with a dialysis catheter are asked to always wear a mask when connecting and disconnecting to the dialysis machine and during dialysis catheter care.