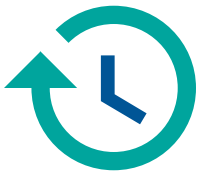


How to feel your best on dialysis

In order to feel your best on dialysis, it is important to follow every step of your treatment exactly as your doctor prescribes.

4 essentials of dialysis



Stay for your full dialysis session—every time. Your doctor will prescribe the treatment time that's right for you. Completing every treatment will help maximize the effectiveness of your dialysis. Reducing your prescribed treatment time by even 10–15 minutes will allow toxins and fluid to build up in your body—which will impact your health and how you feel.



Take all medications as directed. A person on dialysis needs certain medications to help maintain the body's chemical balance. It's critical to take all of your medications as prescribed.



Eat well and manage your fluids. Because dialysis works to achieve chemical balance and remove excess fluid, it's important to eat well, limit sodium and control the amount of fluids you consume.



Ensure you have the best type of access for you. Your dialysis site is your lifeline to dialysis. Talk to your nephrologist or nurse to ensure you have the best access site possible. Feeling your best and staying healthy starts with a great access site.



HAVE QUESTIONS ABOUT YOUR PRESCRIBED TREATMENT?

Talk to your doctor, nurse, dietitian or social worker. Your care team is here to support you and make sure you get the answers you need.