



2014

“Keep up the Good Work” or “Resolve to Do Better”?

Speak Up-

Speak up and let your caregivers know exactly what you feel and what you need.

Vascular Access-

Whether your access is a fistula, graft or catheter, you should take good care of it. Your dialysis team will teach you how to take good care of your access.

Weight-

You will gain too much fluid weight if you:

Drink more fluid than you should or if you eat more sodium than you should.

You will change your solid body weight if you:

Exercise more or less than usual or if you change the amount of food you eat.

Fluid Intake-

Any food that is liquid at room temperature is counted as fluid intake. This includes ice, ice cream or popsicles. Soups, stews and watery foods like watermelon contain fluid too.

Diet Adherence-

Good nutrition is the key to good mental and physical health. Eating a balanced diet is an important part of good health for everyone. The kind and amount of food you eat affects the way you feel and how your body works. If you have questions, ask your dietitian.

Treatment Adherence-

ALWAYS go to all of your scheduled treatments and arrive on time.

Stay for the FULL treatment time.

Hand Hygiene-

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HAND SANITIZER. Your dialysis care team will teach you the proper hand hygiene procedure.

Be Involved in Your Care-

Before an appointment, write down questions you want to be sure to ask your doctor.

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