

Hemodialysis: What to Expect

The guide below will help you prepare for your hemodialysis treatments.

How to prepare for each hemodialysis treatment:

- Arrive to the unit 15 minutes before your scheduled treatment time.
- Get weighed before and after dialysis treatment.
- Get temperature, blood pressure and heart rate checked.
- School-aged children work with the teacher or tutor, or individually, on schoolwork if applicable.

How to prepare for your first week of hemodialysis:

What to bring:

- All current medications in their original bottles
- Immunization record
- School work

What to expect:

- Review of paperwork:
 - Sign dialysis consent and 2728 Form for Center for Medicare
 - Review treatment expectations and unit guidelines

Ongoing visits:

Once a week:

- Doctor or Nurse Practitioner visit to address dialysis related issues.

Once a month:

ESRD Clinic:

- Once a month your child is scheduled in the ESRD Clinic which will be either before or after their dialysis run. All the members of the medical team (doctor, nurse, social worker, dietician, and nurse practitioner) are available for you and your child to discuss your questions and concerns. This is also a

great opportunity to review and provide input into the plan of care and review lab test results.

Lab draws:

- The Wednesday or Thursday before your clinic visit, the dialysis team will draw your labs (the day will be based on your dialysis schedule). During this visit, we will be doing the following:
 - Height measurement
 - Re-evaluate target weight and dry weight
 - Perform blood tests
- Before your clinic visit, we ask that you bring in all your child's medications in their original bottles to ensure you have enough refills and the prescriptions are correct

Once every 6 months:

- Ambulatory (outpatient) blood pressure monitoring
- Dental visit

Once yearly:

- Bone age studies (x-ray of hands)
- Echocardiogram (Heart function study)

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Author: Sara Ricchiuti, RN and Kelsey Danehy, RN
Reviewers: Vivian Shih, MD

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