

CRUNCHING NUMBERS

Missing dialysis treatments adds up.

Let's do the math.



Missing **1** treatment a month = **12** treatments a year = missing an **entire month** of treatment per year.

Shortening treatment by **1** hour = **144** hours of dialysis a year = **36** missed treatments per year.



Missed and shortened treatments cause extra fluid and waste products to build up in your blood. Normal kidney function allows the body to continually filter blood and remove waste, but when you're on dialysis, this process only happens during treatment. This is why every hour and every treatment is necessary to stay healthy.

Missing or shortening treatments can cause **unpleasant symptoms**. Your body will react by:



Feeling **extra sleepy** or **weak**



Taking on **water** or becoming **swollen**



Getting **short of breath**



Becoming **nauseated** or **losing your appetite**



Leaving a **bad taste** in your **mouth**



Bleeding longer after dialysis

If you miss or shorten multiple treatments a month, you have a higher risk of being hospitalized and developing infections or other life threatening complications. It can also cause a delay in being waitlisted for transplant or even remove you from the list completely.

Bring something to read or start a new hobby that you can do while receiving treatment, such as word puzzles or crocheting. Staying occupied will make treatments more enjoyable. If you do need to miss a treatment, please contact your facility as soon as possible so other arrangements can be made.



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