



Your First Hemodialysis Treatment

SANFORD[®]
HEALTH

Welcome to Sanford Dialysis!

This booklet will help you prepare for your first hemodialysis treatment at Sanford Health.

Your first hemodialysis treatment is scheduled on:

(Date) _____

At (time) _____

You should arrive at (time) _____

The addresses and phone numbers for the dialysis units are located at the back of this guide.

Please call the dialysis unit to confirm your time before you come. Ask any questions you may have. If you would like to tour the unit you may call for an appointment before your first treatment.

Plan to be at the dialysis center for 4 to 5 hours on the first day. This includes time for the paperwork and your treatment.

Your family members should come to your first dialysis treatment. You will have many questions about kidney disease and dialysis. You will learn what you need to know about kidney disease.

What Do I Need?

There are many papers and forms to fill out before treatment.

Please come early and bring:

- Your insurance cards
- Copy of advanced directives (a living will or durable power of attorney for healthcare)
- A current list of your medications and pill bottles

Wear clothes that are loose fitting and will allow the staff to get to your dialysis access.

Many patients feel chilled during dialysis. It is a good idea to bring a blanket with you. You may bring a pillow too if you would like.

Televisions are available at each dialysis station. You may bring reading material, a CD player or iPod if you wish. Electronic equipment must run on battery power.

What Else Do I Need to Know?

There is much to learn about kidney disease!

You will learn how to take care of yourself, your dialysis access, and your diet. Please let your nurse know if you have any questions.

Who Will Help Me?

- The nurses and dialysis technicians teach you about kidney disease and your treatment.
- The dietitians monitor your labs and teach you about healthy food choices.
- The pharmacists monitor your medications.
- The social workers provide support to help you cope with the stresses that may occur a result of kidney disease. They can give information on financial resources that may help you.
- The nephrologists and physician's assistants oversee and manage your care.



Will Dialysis Help Me Feel Better?

Yes. Patients usually start to feel better within a week or two of starting dialysis. That does not mean your kidneys are working and getting better. That means the dialysis is cleaning your blood. You feel better without the fluid and wastes in your blood.

Most patients feel tired after dialysis. You may need to rest or take a nap when you get home. The tired feeling should get better as wastes are removed through regular dialysis.

What Else Can I Do?

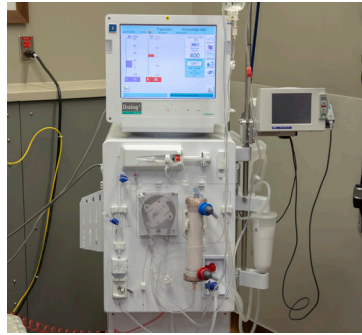
It is important that you do not miss any dialysis treatments. The dialysis treatment lowers fluid and waste levels in your body. That is why you feel better.

It is hard to go to dialysis when you are not feeling well. This is when you need it most. Be sure to call the dialysis unit before your appointment if you are unable to come for treatment.

We know it can be hard to follow the diet and fluid limits. It is important your body gets the nutrients you need but does not get too much. Our dietitians will teach you good kidney disease nutrition and give diet tips.

What is Hemodialysis?

Hemodialysis is a treatment for kidney failure. Your blood is cleaned with an artificial kidney and dialysis machine. Dialysis takes out the extra fluid and waste products that the kidneys cannot. Most people usually have three treatments every week.



Will Dialysis Cure Kidney Disease?

In most cases **dialysis is a treatment option and not a cure** for kidney disease. There are two types of kidney disease: chronic, also called CKD 5, and acute. While both can make your kidneys stop working, they are very different.

Chronic kidney disease stage 5 is the **most common** reason for loss of kidney function. It is a slow process that is frequently caused by diabetes or high blood pressure. Dialysis **will not cure** chronic kidney failure; the damage to the kidney is **permanent and life long**. Dialysis is needed to remove fluids and wastes that the kidneys cannot. Patients with chronic kidney failure **must** receive dialysis treatments or a kidney transplant to live.

Acute kidney failure happens quickly often after an injury, surgery or exposure to a toxic substance. Acute kidney failure **may** get better with dialysis treatments. Dialysis gives the kidneys a chance to heal and start working again. Sometimes, acute kidney failure does not get better and patients need life long chronic dialysis.

What Will Happen at Dialysis?

After all the paperwork is done, the staff members will check your temperature, pulse and blood pressure. You will be weighed before every treatment. The staff will look for swelling in your feet and listen to your heart and lungs. This is how we tell how much fluid needs to be removed during the treatment.

The staff will then connect you to the artificial kidney and machine that cleans your blood. The doctor orders how long your treatment lasts. It is usually three to four hours. Blood may be tested before or after your treatment. The staff will continue to monitor your vital signs while the dialysis machine cleans your blood.

After the treatment the staff will check your blood pressure and temperature. You or a staff member will hold pressure when the needles are removed until the bleeding stops. You will be weighed again to tell how much fluid was removed.



How Will I Feel During Dialysis?

Some people get cold or chilled during dialysis. This is because the blood is being cleaned with the artificial kidney. A blanket may help to keep you warm. You can bring one with you to your dialysis treatments.

Some patients get dizzy or light-headed or have muscle cramps during dialysis because extra fluid is being removed. Be sure to let the staff member know as soon as possible. We can give you some fluid to help that.

Some people sleep during their dialysis treatment.



What Do I Need to Tell the Staff?

It is important that you report any of these symptoms to the staff member:

- Nausea and vomiting
- Sweating or sudden warm feeling
- Yawning (more or differently than your normal yawning)
- Anxiousness or sudden nervousness
- Dizziness or lightheadedness
- Chest or back pain

These symptoms are usually caused by low blood pressure. The staff member can take actions to help you feel better.

Helpful Websites

There are many websites with dialysis information. Here are some websites that may be helpful to you. This list is provided for your own use.

Other resources do not replace medical care. Be sure to ask your care team members any questions.

Kidney School

www.kidneyschool.org/

Kidney School is a great website for patients, families, and professionals. There are short learning modules that can be read online or downloaded and printed. The modules are available in an audio format, too. The site is easy to use and the information is easy to understand. Some information is available in Spanish.

National Kidney Foundation (NKF)

www.kidney.org/

The NKF is a national organization. They work to prevent kidney disease and improve the health of people with kidney disease. There are many patient education resources available and easy to find. Start at the Kidney Disease or Patients tab at the top of the page. Look at the Kidney Kitchen tab to find good recipes. NKF has a lot of professional information including regulations and standards. Some information is available in Spanish.

Life Options

www.lifeoptions.org/

Life Options is a program that helps people live a long time with kidney disease. There are many patient education resources available. Free material includes audio and video presentations. Many things can be downloaded and printed. It has a glossary that is easy to understand.

Area Dialysis Locations

Iowa

Hospers

112 Sunrise Drive
Hospers, IA 51238
Hemodialysis

(712) 752-8330

Minnesota

Bemidji

1300 Anne Street NW
Bemidji, MN 56601
Hemodialysis
Home dialysis office

(218) 333-5460

(218) 333-6370

Canby

112 St Olaf Avenue S
Canby, MN 56220
Hemodialysis

(507) 223-7277

ext. 162

Detroit Lakes

1234 Suite B Washington Ave
Detroit Lakes MN 56501
Hemodialysis and Home dialysis offices

(218) 846-2200

Area Dialysis Locations

Morris

Stevens Community Medical Center
400 E. 1st Street
Morris, MN 56278

(320) 589-2832

Red Lake

Indian Health Services Hospital
23990 State Highway 1 East
Red Lake, MN 56671

(218) 679-3117

Located in Indian Health Services
(IHS) Hospital in Red Lake, MN
Only Native American patients per IHS

Thief River Falls

120 Labree Avenue S.
Thief River Falls, MN 56701
Hemodialysis
Home dialysis

(218) 683-4246

(218) 683-4248

White Earth Dialysis

26246 Crane Rd.
White Earth, MN 56591

(218) 983-4699

Worthington

1018 6th Avenue
Worthington, MN 56187
Hemodialysis

(507) 372-3279

Area Dialysis Locations

North Dakota

Bismarck

209 N. 7th Street

Bismarck, ND 58501

Hemodialysis and Home Dialysis

(701) 323-2800

Fargo

2801 University Drive S.

Fargo, North Dakota 58103

Hemodialysis

(701) 234-8400

Home dialysis

(701) 234-8410

Toll Free

(888) 749-3447

Fort Yates

10 N. River Road, Box J

Fort Yates, ND 58538

Hemodialysis

(701) 854-8254

Jamestown

300 Second Avenue NE

Jamestown, ND 58401

Hemodialysis and Home Dialysis

(701) 952-4872

Area Dialysis Locations

South Dakota

Chamberlain

300 S Byron Blvd
Chamberlain, SD 57325

Hemodialysis (605) 234-7273

Madison

323 10th Street SW
Madison, SD 57042

Hemodialysis (605) 256-8870

Sioux Falls

1321 West 22nd Street
Sioux Falls, SD 57105

Hemodialysis (605) 404-4300

1205 5 Grange Avenue MB2 Suite 20
Sioux Falls, SD 57105

Home dialysis (605) 333-7443

