

Reduce Trips to the Emergency Room

JUNE

Sometimes visiting the emergency room (ER) or being hospitalized is necessary. However, there are steps you can take to help avoid unplanned ER visits and hospitalizations.

Have Questions? Ask Your Dialysis Team



1. **Prevent Infections:** Wash hands before touching your dialysis access. Follow infection control practices in your clinic. And know the signs and symptoms of infection (fever, fatigue, digestive issues; and redness, pain, or swelling around your access site).
2. **Protect Your Access:** Feel and listen to your access for a good flow of blood (whooshing sound and feeling of a thrill). If you notice anything unusual, notify the facility and seek treatment as soon as you identify an issue.
3. **Fluid-related Issues:** Fully attend all your dialysis treatments. Work with your dietitian on fluid and salt intake recommendations suitable for you. Know your estimated dry weight.
4. **Manage Your Blood Pressure and protect your heart:** Monitor your blood pressure and take any medicines as prescribed. Reduce salt and sodium intake. See a cardiologist on a regular basis.
5. **Manage Other Health Conditions:** See your family doctor regularly to help you manage any non-dialysis related health issues. Control your diabetes. Exercise and eat a healthy balanced diet. Get vaccinated according to the CDC recommendations for ESRD patients.



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