



No chair is comfortable for 4 hours

- Patients have different body types and different needs
- We test chairs with patients before choosing new ones, and replace them when needed

Use padding for extra comfort

- More energy for your daily activities
- You may want extra support for your back, neck, seat or access arm
- Types of pillows to try:
 - Neck pillows to support head and neck
 - Lumbar support pillows
 - Bed pillows; memory foam pillows
 - Foam pad (found at craft or fabric store)
 - Outdoor furniture pads
 - Rolled up towels

Keep pillows, blankets, clothing clean to prevent infection

- Use washable covers or pillowcase on all pillows, cushions
- Wash regularly, and wash with bleach if bloodstained

Staying warm on dialysis

- Bring a blanket (fleece blankets are warm, lightweight and washable)
- Wear layers of clothing
- Wear a mitten or heavy sock on the hand of your access arm
- Wear a hat—you lose a lot of heat through your head
- For safety, heating pads and devices are not allowed

Stay warm, but keep your access and face in view

- **Never cover your access or face**—staff must be able to see both for safety
- Cut a slit in a blanket for your access arm
- If you use an upper arm access, keep lower arm warm with a towel or other cloth
- Put in a zipper or Velcro opening in clothing at access site
- With an IJ catheter, a zip-up sweatshirt keeps you warm with your access in view