

# First Treatment Discharge Instructions



## Important information

Nephrologist's number \_\_\_\_\_

Unit phone number \_\_\_\_\_

## Your next dialysis is:

\_\_\_\_\_  
(Date) (Day) (Time)

## Your ongoing schedule is:

\_\_\_\_\_  
(Days of the week) (Arrival time) (Dialysis time)

- Remember to arrive 30 minutes early
- Call the dialysis unit if you cannot make it to your next dialysis treatment

## Activities

- It is normal to feel tired after your first dialysis treatment
- Resume normal activity as you feel ready
- Continue with your medications
- Resume the diet you were eating prior to your first dialysis treatment

## Access issues

- If you have bleeding from the access site
  - Press down on the area with gauze or clean cloth until bleeding stops
- If you have bruising at your access site
  - Put ice on the area right away and several times in the next 24 hours for 20 minutes each time
- If your catheter dressing gets wet, dirty or comes off

## Contact your Nephrologist if —

- You have a fever or chills, the skin around your access is painful, hot, red, swollen or has pus
- You do not feel a buzzing sensation or hear the swish of blood in your fistula or graft
  - Don't eat or drink until you get directions from your doctor
- If your catheter is loose or coming out
  - Don't try to put it back in or move it
  - Tape the catheter down if you can
- You have questions or concerns about your condition

## Seek care immediately or call 911 if—

- You have sudden chest pain, rapid heartbeat, or trouble breathing
- You cannot get bleeding to stop from access sites after applying pressure