



What is adequacy?

- A measure of how well dialysis is removing waste from your blood
- Measured with Kt/V lab value
- Hemodialysis Kt/V goal:
 - If you dialyze 3 or less times a week, your Kt/V goal is 1.4 or higher
 - If you dialyze more than 3 times a week, your Kt/V goal is 2.0 or higher
- Kt/V is only one measure of how well dialysis is working for you
- Talk to your doctor about making sure your dialysis is adequate

With adequate dialysis, you feel better and live longer

- More energy for your daily activities
- Better appetite; no nausea/vomiting
- No bad taste in your mouth
- Healthy skin color
- You sleep well
- Your thinking is clear

How to get better adequacy

- Attend all your dialysis treatments and stay for the full treatment time
- You need every minute of dialysis
 - Healthy kidneys clean blood 24 hours a day; that is 168 hours a week
 - 12 hours of dialysis a week is barely enough
- Missing even a little dialysis will damage your health over time
- If you dialyze with an IJ catheter, get a fistula or graft
 - Blood flow is faster with a fistula or graft, so it's easier to remove waste
- If you Kt/V is below 1.4, you might need longer treatments or extra treatments
- Think about home hemodialysis to dialyze more often and get better adequacy