

Most dialysis patients have anemia

- Anemia means you don't have enough red blood cells to carry oxygen throughout your body
- Your kidneys help make red blood cells, so anemia is very common with kidney disease
- Anemia makes patients feel very tired and can affect ability to carry on daily activities

Your doctor ordered a medication called Mircera to treat your anemia

- This medication works with iron to help your body make red blood cells when your kidneys can't do the job
- Helps patients have more energy, avoid blood transfusions, and have a better quality of life

Like all medications, Mircera has risks:

- High doses may raise blood pressure, cause blood clots, increase risk of heart attack, stroke, or heart failure
- If you have cancer, it could make it worse
- Rarely, can cause allergic reactions or seizures

To make Mircera safe, we—

- Watch your blood pressure closely
- Give you the lowest effective dose
- Check your hemoglobin regularly (lab value that tells how well your body is making red blood cells)
- Adjust your dose to keep your hemoglobin in the recommended range (between 10 and 12)

What you can do to keep your hemoglobin up, so you'll need less Mircera

- Don't miss dialysis treatments
- Avoid infection
 - If you're on hemodialysis, avoid dialyzing with a catheter if possible
 - If you're on PD, do your exchanges carefully
- Take iron as ordered by your doctor (Mircera needs iron to work)
- Take vitamins for kidney patients
- Keep your phosphorus in a healthy range

Questions?

- Talk to your doctor or dialysis nurse
- Ask your nurse for a copy of the medication guide from the company that makes Mircera