

Preventing Falls in the Clinic



If you feel weak, unsteady, or lightheaded at dialysis—

- Stay in your chair and ask staff for help
- Always stand up slowly and be careful when bending over
- Hold on to the chair before you sit down
- Use a wheelchair to go to restroom or when requested by staff
- Snacks only—eating large meals during dialysis lowers your blood pressure
- Allow staff to take both sitting and standing blood pressure



Avoid trip hazards

- Wear shoes with non-skid soles; keep shoes on, even when you weigh
- Don't put objects on the floor (bags, purse) that you might trip over



Know how medications affect you

- Ask your doctor if your medications may make you feel sleepy or dizzy
- Regularly review your medications with your healthcare team



Improve your strength

- Regular exercise, like walking, improves balance and coordination
- Use a cane, walker, or wheelchair for support
- Talk to your dietitian about exercise resources available
- Ask your doctor about physical therapy to help you get stronger



Keep your eyes healthy

- Get your vision checked yearly and keep your eyeglass prescription up-to-date
- If you wear glasses, bring them with you; poor vision can increase your risk for falls

