



Every Minute Counts

Dialysis is saving your life

- Missing treatment time can shorten your life and increase your risk of illness

Missing or shortening dialysis treatments can lead to:

- Heart problems—heart attack or death may occur due to high potassium levels
- Increased risk of stroke
- Fluid overload—increases risk for heart failure, lungs filling with fluid, tiredness/fatigue, or even death
- Anemia and bone disease from missing medications given during dialysis
- Low blood pressure and cramping due to removing built-up fluid

Don't lose minutes of your life!

- Losing 15 minutes each treatment is the same as losing 39 hours per year!
- Missing 1 treatment a week is the same as losing 52 treatments a year—this is the same as missing 4 months of treatment!

It is not worth the risk

- You need every minute of dialysis—don't shorten your treatment time
- Arrange a make up treatment with your dialysis unit if you need to miss dialysis
- Talk with your social worker if you need a new dialysis schedule to fit your needs

Time lost for each 4 hour treatment

Minutes Per Day	Minutes Per Week	Minutes Per Month	Minutes Per Year
5	15	65	780 (13 hours)
15	45	195	2340 (39 hours)
30	90	390	4680 (78 hours)