



# Adequacy and Hemodialysis

## 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 affect your health over time
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- 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 your 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