

Missed treatments look like:



**15 min each treatment =
39 hours each year**



**1 treatment each week =
4 months of treatment each year**

It is not worth the risk!

- Losing 15 minutes of each treatment is the same as losing 39 hours every year
- Missing 1 treatment a week is the same as losing 52 treatments or 4 months of treatment a year.

Missing or shortening dialysis treatments can lead to:

- Heart problems
- Increased risk of stroke
- Fluid overload
- Low blood pressure
- Cramping
- Anemia
- Bone disease

What can you do to avoid losing treatment time?



Eat a light meal
or snack before
dialysis



Talk to your
Social Worker
if you need a
schedule change



Talk with your
doctor if you
feel anxious or
restless



Read, play games,
write letters, knit,
or journal while
on dialysis



Make time for
the things you
enjoy and the
people you love