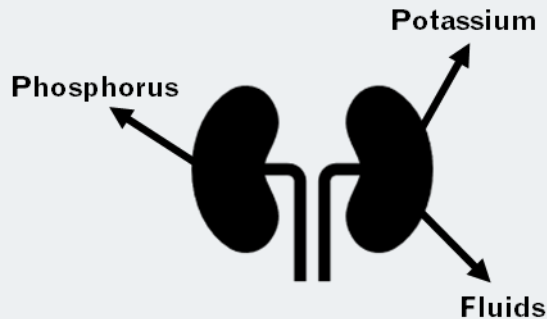




## What is adequacy?



- 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

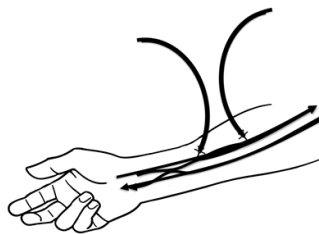
## Adequate dialysis means—

- Less time in the hospital 
- More energy for activities 
- Healthy skin color 
- Better sleep 
- Your thinking is clear 
- Better appetite; no nausea or vomiting 

## How to get better adequacy?



Never miss treatments or leave early...you need every minute of dialysis



If you dialyze with a catheter, get a fistula or graft—blood flow is faster so it's easier to remove waste



Think about home hemodialysis or peritoneal dialysis to dialyze more often and get better adequacy