



BE PREPARED.

A simple checklist that will help you have a safe hemodialysis treatment.

Before every hemodialysis treatment, you should:

- Wash your hands before going to your chair.
- If you have fistula or graft access, clean your access before going to your chair.
- If you have a catheter, keep the dressing clean and dry. Be sure a member of your health care team cleans and changes the dressing at each treatment.
- Tell your nurse or doctor if you have concerns about how you are feeling.
- Tell your nurse if you have any nausea, pain, vomiting, diarrhea, or constipation.
- Check that your dialyzer has your name on it if your center re-uses dialyzers.

For every hemodialysis treatment, your nurse or technician should:

- Wash his or her hands and put on new gloves before putting in your needles.
- Ask how you have been feeling and eating.
- Check your access for good blood flow and early signs of infection.
- Program your machine to your kidney doctor's hemodialysis orders.
- Check for any cleaning fluid in the dialyzer and for the correct potassium concentration.
- Take your weight, temperature, heart rate, and blood pressure. They should write them down on your treatment sheet or put them into a computer.
- Check your machine's alarms, which include the temperature and conductivity. They should write the numbers down on your treatment sheet or put them into a computer.
- Check that the right size needles and correct heparin dose are set up for your treatment. (Heparin is a drug that keeps blood from clotting.)
- Listen to the front and back of your chest with a stethoscope. Check your legs and feet for swelling.



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