

niagarahealth



Hemodialysis

WHAT YOU NEED TO KNOW

Niagara Health provides dialysis at three sites, seven days a week Marotta Family Hospital, Welland Hospital and Niagara Falls satellite. Patients are usually scheduled three or more treatments per week, on either morning, afternoon or evening shifts.

Your schedule will either be Monday, Wednesday, Friday, OR Tuesday, Thursday, Saturday/Sunday. Treatment start times are approximate and can be affected by changes in the stability of other patients. You can expect to be in the dialysis unit for your treatment for 4.5 - 5.5 hours per visit, depending on your treatment prescription and transportation arrangements.



WHEN YOU ARRIVE

It is important that you wait for your nurse to call you into the treatment area at every visit. This is important for patient safety. Please remember that we endeavour to start your treatment in a timely manner, but delays can happen. Please be patient.

VISITORS

Visitors are welcome, but at the discretion of the dialysis staff. Visitors should wait in the waiting room until called in by dialysis staff.

HOW TO HELP WITH YOUR CARE



**ARRIVE
15-30 MINS
EARLY**



**WASH YOUR HANDS
BEFORE AND AFTER
TREATMENT**



**ENSURE VASCULAR
ACCESS SITE
IS VISIBLE**



**TELL THE NURSE
IF YOU HAVE
ANY CONCERNS**

BRING ITEMS OF COMFORT:

- A warm sweater – the unit can feel cold during treatment. One flannel blanket is provided.
- Renal-friendly, small snacks. Please do not bring a meal-sized item to dialysis. This can greatly affect your blood pressure/condition on dialysis.
- Entertainment such as books, magazines, laptop/tablet
- Headphones for any device with volume and the TV

TRANSPORTATION

Patients are responsible for making their own transportation arrangements to and from dialysis. Your Social Worker can assist you in exploring options within the Niagara region if your needs change. If you will be driving to dialysis you will require a parking pass (at a discounted rate) and instructions will be provided on how to make payment. It is recommended that you travel to dialysis with enough funds to pay for a one-way taxi ride home, should your usual return ride be interrupted for some unforeseen reason.

Niagara Health does not cover transportation costs.

REQUESTING CHANGES TO YOUR DIALYSIS SCHEDULE

If you need to make a one-time or temporary change to your dialysis schedule, please notify the Charge Nurse as soon as you know you need the change, preferably one week in advance.

If you prefer an alternate treatment schedule on a permanent basis please notify the Charge Nurse.

REQUESTING CHANGES TO YOUR DIALYSIS SITE

Please speak to the Charge Nurse if you would like to request a specific site. You will be placed on a waiting list.

PRESCRIPTIONS

Please bring **ALL** your medications to your first outpatient treatment for review. Notify your nurse at every visit if any of your medications have changed (new prescription, discontinued, or changed dose).

Please note that your Nephrologist will only manage medications related to your kidneys and dialysis. Your other medications (including narcotics) need to be managed by your Family Doctor.



FAMILY DOCTOR

Your family doctor remains an important part of your health care. You should continue to see them for general health concerns not related to your kidneys. If you become unwell between your treatments, please see your family doctor or go to the nearest Urgent Care or Emergency Department.

WANT TO TRAVEL?

With advanced planning, travelling while on dialysis is possible. Please notify the Charge Nurse about any travel plans at least eight weeks before departure. It is the patient's responsibility to secure a facility to receive their dialysis treatments while travelling. Your home dialysis centre will prepare all documents required by the receiving facility via fax or e-mail scan.

TEAM MEMBERS

- Nephrologist
- Registered Nurse
- Registered Practical Nurse
- Health Care (Renal) Aide
- Dietician
- Vascular Access Nurse
- Renal Nurse Navigator
- Renal Technologist
- Social Worker
- Renal Pharmacist
- Clerical

CONTACT INFORMATION

905-378-4647

St. Catharines Dialysis **x43712**
Welland Dialysis **x33712**
Niagara Falls Satellite **x46120**

Learn more at

NiagaraHealth.on.ca/Dialysis

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