

Itching

CAUSE:

- Dry skin.
- An allergic reaction.
- High phosphorous (a mineral that dialysis does not take out).

WHAT TO DO:

- Apply a cool cloth to your skin. A thick and non-scented lotion may help.
- Shower with less soap.
- It may be an allergic reaction: anti-allergy drugs may help.
- Review your diet with the dietitian. You may need to change your pills (speak to a doctor or pharmacist).

Contact the Fraser
Health Authority Renal
Program to discuss
these and other
problems



Need more info?

**Talk to your Nurse, Kidney
Doctor or Dietitian.**

– OR –

Go to:

www.kidney.ca

www.kidneyschool.org

www.nephron.com



Common Problems From Kidney Disease & what to do about them



PRINTSHOP # 255742

Constipation

(can't move your bowels)

CAUSE:

- Calcium and iron pills can slow your bowels.
- Low activity.
- Fluid restriction.
- Diet restrictions.

WHAT TO DO:

- Regular bowel movements are very important.
- Take your colace (red jelly pill) and talk to your dietitian about sources of fibre that are OK with dialysis.
- Use only laxatives that have been ordered for you as some may contain minerals that can harm you.
- Tell dialysis clinic nurses if constipation goes on for more than 4-5 days.



Cramps

(legs, belly, feet, hands)

CAUSE:

- Dehydration (dried out).
- Low blood flow to the muscles.
- Sudden change in your blood levels.
- Taking off too much fluid during dialysis.

WHAT TO DO AT HOME

- Put a heating pack on the area and massage gently.
- Standing up sometimes helps your legs and feet. (You may need someone to help you.)
- You may be too dry, so take your blood pressure.

WHAT TO DO DURING DIALYSIS

- Tell the dialysis clinic nurses if the cramps occur during dialysis.

Nausea

CAUSE:

- Not enough dialysis, causing high levels of waste in your blood.
- Can be related to other health problems.

WHAT TO DO:

- Tell the dialysis nurses if you feel nausea for more than 2 days.



Restless Legs

CAUSE:

- Kidney problems.
- Unknown body changes.

WHAT TO DO:

- There may be pills available for restless legs. Speak to your doctor or pharmacist.
- Walking will help restless legs.