

Need more answers?

**Contact your nurse or
kidney doctor.**

CALL YOUR DIALYSIS UNIT

Royal Columbian..... 604-520-4582

TriCities 604-777-8730

Surrey Memorial..... 604-585-5923

Newton..... 604-587-3750

Abbotsford 604-557-2970

Abbotsford Regional Hospital &
Cancer Center 604-851-4771

Kidney Doctor (after hours)
..... 604-527-4835

My home unit is

**Symptoms that you
need to report & what
to do about them**

**Common
Problems
Associated with
Kidney Disease**



**Fraser Valley
Health Authority
RENAL PROGRAM**



Symptoms that you need to report



SWELLING

Cause

Too much fluid in your body. Fluid can collect in your ankles, shins, hands, and abdomen or cause puffiness around the eyes.

What To Do

Drink as little as possible; do not salt your food. Remember that most packaged foods are high in salt.

Don't skip dialysis sessions. Tell the nurse about your swelling.

BLEEDING FROM VASCULAR ACCESS

What To Do

Apply finger pressure directly on the site. Wait for 10 minutes and then check. Put on a bandaid once the bleeding has stopped.



Symptoms that require immediate medical attention

SEVERE NUMBNESS, TINGLING, WOBBLY, WEAK LEGS

Cause

High potassium.

What To Do

Call the dialysis unit or your kidney doctor. If you cannot reach them, go to the emergency department.



BLEEDING FROM VASCULAR ACCESS

(THAT WON'T STOP WITH PRESSURE)

Needle sites not quite healed.

Go to the hospital to have the bleeding checked.



Cause

What To Do

Symptoms that you need to report

SORES ON YOUR FEET

Cause

Poor blood supply to feet.

What To Do

Keep the foot clean and dry. Check daily.

Tell the nurse about your foot.

Symptoms that require immediate medical attention



FEVER, REDNESS, PUS & TENDERNESS AT THE PERMCATH SITE

Cause

Infection.

What To Do

Take your temperature. Call the dialysis unit or your kidney doctor.

Symptoms that require immediate medical attention

TROUBLE BREATHING



Cause

Too much fluid in your body. Low hemoglobin (anemia).

What To Do

Check your blood pressure sitting and standing. Drink less fluid and water.

Tell your nurse about your breathing. If you cannot catch your breath after sitting up quietly in a chair for 30 minutes, go to the emergency department.



Symptoms that require immediate medical attention



CHEST PAIN NOT RELIEVED BY YOUR SPRAY (NITROSPRAY)

Cause

Your heart is working too hard.

What To Do

Go to the emergency department. Call the dialysis unit to let them know.



Symptoms that you need to report

HIGH BLOOD PRESSURE

Cause

- Too much fluid in your body.
- Too much salt in your diet.
- A need for a medication change in your blood pressure pills? (Please check with your doctor or pharmacist.)

Check your blood pressure sitting and standing. Drink less fluid and water. **Tell the nurse about your high blood pressure.**



What To Do



Cause

What To Do

LOW BLOOD PRESSURE

Too little fluid in your body.

Drink a small amount of fluid or water.

Get up from a chair or bed slowly.

Tell the nurse about your low blood pressure.