### **Need more answers?**

**Contact your nurse or** kidney doctor.

CALL YOUR DIALYSIS UNIT

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

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

Newton 604-587-3750

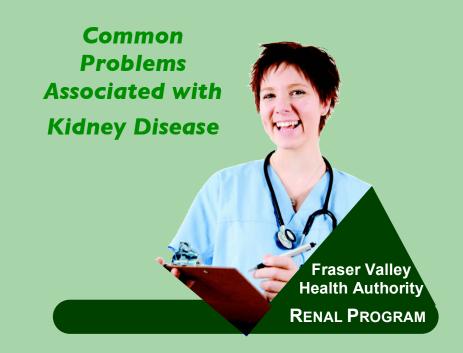
**Abbotsford Regional Hospital &** Cancer Center ...... 604-851-4771

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

My home unit is



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







### 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.



#### 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.

## 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.



#### What To Do



Cause
What To Do