

Points to Remember

Bring a blanket

Wear loose fitting clothes

Follow the recommended diet

Let us know of any changes in your health status or the medications you are taking

It is not recommended that you miss or shorten your hemodialysis treatments. Please call the dialysis unit if you are feeling unwell.

**To contact the dialysis unit call:
705-876-5078**

The information in this brochure is of a general nature and may change according to your specific circumstances.

In-Centre Hemodialysis is a partnership between you and your Renal Team.

If you are unsure about something please ask.

In-Centre Hemodialysis Units are found at the following locations:

PRHC

Peterborough Regional Health Centre

1 Hospital Drive,
Peterborough, ON K9J 7C6



ROSS MEMORIAL HOSPITAL
Kawartha Lakes

10 Angeline Street North
Lindsay, ON K9V 4M8



NHH

Northumberland Hills Hospital

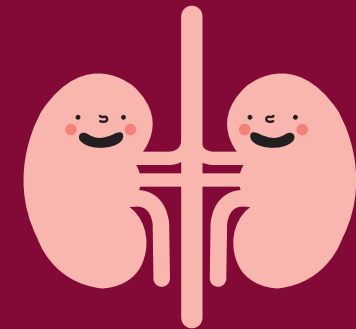
1000 DePalma Drive Cobourg,
ON K9A 5W6



INTEGRATED RENAL CLINIC
Peterborough Regional Health Centre

Welcome to the In-Centre Hemodialysis Unit

A guide for patients & family



PRHC

Peterborough Regional Health Centre

One team, here when you need us most.

www.prhc.on.ca



What is Hemodialysis?

- Hemodialysis is a life sustaining treatment option for people with end stage renal disease
- Hemodialysis replaces the function of the kidney by cleaning and filtering your blood of waste and excess fluid
- Most people require three (3) to five (5) hemodialysis treatments per week-each treatment is about four (4) to five (5) hours
- In-centre hemodialysis is offered at hospitals and specialty clinics. Nursing staff will perform your dialysis treatments

How does it work?

There are three (3) main components of hemodialysis:

- Your vascular access
 - Fistula, Graft or Central Venous Catheter (CVC)
- The dialysis machine
- The dialyzer (the filter)

Blood is pulled from your vascular access through the dialysis machine to the dialyzer. The dialyzer filters waste and excess fluid from your blood. This blood is then returned to your body via your vascular access.

What are the Benefits of In-Centre Hemodialysis?

- Regulates your blood pressure by removing excess salt and water
- Cleans your blood and removes waste from your body
- Regulates your electrolytes
- Routine blood work to ensure adequate treatment
- If you are unable to manage your dialysis treatments yourself at home, the Dialysis Unit staff will perform the treatments for you in the clinic

You will be provided a treatment schedule when you start hemodialysis.

What are the Challenges of In-Centre Hemodialysis?

Designated treatment schedule and times: each dialysis treatment is about four (4) to five (5) hours in length.

Cost of transportation and parking: a reduced parking rate is available for dialysis patients. You must cover the cost of transportation, but some supports may be available.

Dietary and fluid restrictions.

Many people feel tired or 'worn out' after their dialysis treatments.

Fluctuations in blood pressure.

Maintaining a positive attitude: some people can feel sad or depressed when they require hemodialysis.

Our multidisciplinary team will help you overcome these challenges to maximize your dialysis experience.

