




<p>EVERY DAY:</p> <ul style="list-style-type: none"> • Weigh yourself in the morning • Eat low salt food and plenty of protein: meat, poultry, fish • Take your phosphate binders with your meals • Keep track of all the fluid you drink and eat—stop when you reach your daily limit 	<ul style="list-style-type: none"> • Keep the amount you drink to 3 cups (24 ounces), plus the amount you urinate each day • Don't miss dialysis treatments, or cut them short • Take your medications • Keep all your medical appointments
<p>Green Flags – All Clear </p>	
<p>If you have:</p> <ul style="list-style-type: none"> • No shortness of breath • Weight gains less than 2 pounds per day • No swelling of your feet, ankles, legs, hands or face • No chest pain • Able to do usual activities 	<p>What this means:</p> <ul style="list-style-type: none"> • You are doing well!
<p>Keep up the great work!</p>	
<p>Yellow Flags – Caution </p>	
<p>If you have:</p> <ul style="list-style-type: none"> • Weight gain of more than 2-3 pounds/day • Shortness of breath • Trouble breathing when lying down, or you need to sleep sitting up with extra pillows • Swelling of your feet, ankles, legs, hands, face • More tired than usual • Fever, chills, cough or feel weak and achy • No buzzing (thrill) in your fistula or graft • Painful, hot, red or swollen skin around your fistula or graft • Diarrhea more than 3 times a day, or are vomiting more than once a day • You don't feel well enough to come to dialysis 	<p>What this means:</p> <ul style="list-style-type: none"> • You need to be checked by a healthcare provider • You may have too much fluid, have an infection, or need your fistula or graft checked <div style="background-color: #D3D3D3; padding: 5px; margin-top: 10px;"> <p>Call your dialysis center, kidney doctor, or access surgeon</p> <p>Name: _____</p> <p>Number: _____</p> <p>Instructions: _____</p> </div>
<p>If you notice a Yellow Flag, work closely with your health care team.</p>	
<p>Red Flags—Stop and Think </p>	
<p>If you have:</p> <ul style="list-style-type: none"> • Bleeding from your access that you can't stop by pressing on it • Trouble breathing • Fast heartbeat • Trouble thinking clearly, confusion • Chest pain, heaviness in your chest • Severe weakness, trouble walking and tingling around the mouth 	<p>What this means:</p> <p>Follow these instructions:</p> <p style="text-align: center; color: red;">CALL 9-1-1</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>If possible, notify your health care provider's office:</p> <p>Physician: _____</p> <p>Number: _____</p> </div>
<p>If you notice a Red Flag, call 911. Emergency!</p>	



Kidney Health—Hemodialysis

Self-Management Plan

Southeast Washington Aging and Long Term Care

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For more information, call Information and Assistance

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Benton/ Franklin County: 509-735-0315 – ADRCBenton-Franklin@dshs.wa.gov

Walla Walla County: 509-529-6470 – ADRCWallaWalla@dshs.wa.gov

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