

EVERY DAY:

- Try not to gain more than 5 pounds between dialysis treatments.
- Limiting salt and fluid intake helps prevent gain of “fluid weight.” You can do this by avoiding processed foods and limiting your phosphate binders with meals to help keep your bones strong. High phosphate weakens your bones.
- Eat plenty of protein: meat, eggs, poultry, fish, soy.
- Don’t miss or shorten dialysis treatments.
- Take your medications.
- Keep all your medical appointments.
- Schedule a meeting with your kidney center dietician; they are available to help you with meal planning.

Green Flags – All Clear

What this means...

If you have:

- No shortness of breath
- Weight gain less than 5 pounds between dialysis treatments
- No swelling of your feet, ankles, legs, hands or face
- No chest pain
- Your usual tolerance for daily activities

- You are doing well!

Keep up the great work!

Yellow Flags – Caution

What this means...

If you have:

- Weight gain of more than 5 between dialysis treatments
- Trouble breathing when lying down, or you need to sleep sitting up with extra pillows
- Swelling of your feet, ankles, legs, hands, face
- Difficulty performing your usual activities
- Fever, chills, cough or body aches
- 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
- Any symptoms affecting your ability to attend your dialysis treatment.

- 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

Call your dialysis center, kidney doctor, or access surgeon

Name:

Number:

Instructions:

If you notice a Yellow Flag, work closely with your healthcare team.

Red Flags—Stop and Think

What this means...

If you have:

- 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

If possible, notify your healthcare provider or dialysis center immediately.

Name:

Number:

Follow these instructions: **CALL 9-1-1**

If you notice a Red Flag, call 911. Emergency!



Kidney Health—Hemodialysis

Self-Management Plan

Southeast Washington Aging and Long Term Care

At Aging and Long Term Care, we believe every adult deserves to live with dignity. We connect seniors, adults with disabilities and family caregivers to a full range of free and other community resources designed to offer you choice, improve your quality of life and respect your independence.

For more information, call Information and Assistance

Upper Valley Yakima County: 509-469-0500

Lower Valley Yakima County (Grandview): 509-402-0334

Benton County: 509-735-0315

Franklin County: 509-412-1013

Kittitas County: 509-925-8765

Walla Walla County: 509-529-6470

Columbia County: 509-382-4787

Garfield County: 509-843-3563

Asotin County: 509-758-2355

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