

# Home Connection

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## Chill out this summer: watch your fluid gains



Sooner or later, summer arrives in the Pacific Northwest. Warm days can be a challenge when you're on a fluid restriction with your dialysis diet. You may feel extra thirsty and dehydrated, but you have to be careful about the amount you drink. Drinking too much can push you over your recommended daily fluid allowance and create health complications. Any extra fluid that builds up in your body between dialysis treatments can:

- ➔ Cause swelling, which will increase your blood pressure and strain your heart.
- ➔ Collect in your lungs, making it hard to breathe.

The amount of liquid that is good for you depends on your urine output, dry weight and how often you dialyze.





Roberta Chadwick enjoys a summer day in the shade. Roberta used both PD at home and hemodialysis at our Auburn clinic before her kidney transplant in July 2011.

## Keep an eye on your fluid intake to make sure you're on track



It will help you stay comfortable  
and healthy.

 If you feel dehydrated,  
adjust your dialysate  
solution strength.

 If you feel dehydrated,  
target less fluid.

If you're unsure about your fluid  
allowance, ask your dietitian or nurse.

Avoid salt, which makes you feel thirsty  
and can contribute to fluid weight gains.



# Be vigilant to prevent infection



It's important to keep your access clean and dry. Take extra care during warm days and outdoor activities.

- HH** • You do not need to cover your fistula or graft when you swim. If you have a catheter, you cannot swim.
- Turn off fans when you are making a connection to prevent dust and dirt from flying around.
- Wash your access and hands well before starting your treatment.
- PD** Peritonitis is an infection inside the belly that can enter through the access during a connection. To avoid peritonitis, take these precautions:
  - Even when you are warm and perspiring, keep the dressing over your PD access clean and dry. Change the dressing more than once a day if necessary.
  - Get organized before you start your dialysis procedure. Wear a mask over your mouth and face. Wash your hands properly. Use hand sanitizer. Use Alcavis at your connection.
  - If you go swimming in saltwater or a chlorinated swimming pool, use a special bag to protect your access. Never swim in freshwater lakes, rivers or streams because that water contains bacteria that can cause an infection. Do exit site care immediately after swimming.
  - Block air flow during exchanges and sterile connections so bacteria can't enter the system and cause an infection. During summer, it is especially important to close windows and doors and turn off fans during treatments.

**If you make a mistake or experience problems, contact your home nurse right away.**



David Lum washes his hands thoroughly before starting his peritoneal dialysis treatments.

## Put on your writer's cap **HH** **PD**

Enter the Renal Support Network essay contest for a chance to win \$500

This year's theme: How have you used your experiences to give hope to others with kidney disease?

Write an essay of no more than 750 words on the topic and you could win \$500 and have your work featured on the Renal Support Network website. Entries must be postmarked by Aug. 1. Anyone diagnosed with chronic kidney disease can enter.

**Details at**  
[www.rsnhope.org/essay-contest](http://www.rsnhope.org/essay-contest)



# Dialysis on a trip is doable, with some planning



Alan and Cheryl Hoshino recently traveled to Palm Springs, Calif. to golf and visit family. PD has given Alan the ability to set his own schedule and enjoy retirement.



## Pull together paperwork for your travels

Bring along your emergency contact list and your health information when you travel.

- ☒ List of medications
- ☒ List of allergies
- ☒ Copy of last lab report
- ☒ Copy of your dialysis prescription
- ☒ Emergency contact information, including the phone number of your Northwest Kidney Centers home dialysis program:

**PD** 206-292-2285 or 1-877-292-2285

**HH** 206-292-2558 or 1-877-216-2558

- ☒ Provide us with contact numbers where we can reach you while you're away, such as your hotel or people you will be visiting

One perk of home dialysis is having the flexibility to travel. If you plan to get away this summer, arrange dialysis ahead to ensure a smooth trip. Let us know 60 days in advance of your departure so we can help you prepare.

**Check insurance coverage** for supplies away from home. Some insurers don't cover out-of-state, international or cruise ship travel. If you're not covered, you must pay for supplies before your trip.

**Order supplies.** Baxter and NxStage will ship supplies within the United States. You may have to pay extra shipping charges if you travel out of the country.

**Pack your equipment and supplies.** Talk with your nurse about a checklist. We have travel cases you could borrow, first come, first served.

**HH** **Make dialysis appointments** if you choose to run in-center during your trip. Contact the clinic where you want to dialyze for a schedule, and share the details with us once it is arranged.



[www.nwkidney.org](http://www.nwkidney.org)  
[pr@nwkidney.org](mailto:pr@nwkidney.org)  
206-292-2771



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**Home hemodialysis unit:** 206-292-2558 or 1-877-216-2558



**Peritoneal dialysis unit:** 206-292-2285 or 1-877-292-2285

Northwest Kidney Centers promotes the optimal health, quality of life and independence of people with kidney disease through patient care, education and research.

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## Reminder! Submit your logs on time



Please submit your treatment logs daily, using our website portal or fax.



Please submit your treatment logs daily if you are using our website portal, and by the first of the following month if you are filling out paper forms.

**What's your next step?**  

**A kidney transplant or a  
different form of dialysis?**

**Wonder what life might be like without dialysis?**

**Or if a different type of dialysis might work better**

**for you? Take a free Next Step class to find out**

**if home hemodialysis, peritoneal dialysis or a**

**kidney transplant is right for you.**



Jackie Brown did home hemodialysis for three years  
before she received a kidney transplant in October 2014.