MISSING EXCHANGES
Is it worth the risk?

Missing Exchanges Carries Risks & Complications

You may not immediately experience any problems, but studies show that inadequate dialysis will shorten your life expectancy.

**RISKS**

**INFECTION**
Causes a higher risk of acquiring an infection by missing exchanges

**FLUID OVERLOAD**
Could be caused by your body reabsorbing dirty solution or by not following your fluid restrictions

**CARDIAC COMPLICATIONS**
Irregular heart rate, cardiac arrest and death, due to high potassium levels

**HIGH BLOOD SUGAR**
Uncontrolled blood sugars will not allow you to ultrafiltrate

**TOXIN BUILD-UP**
Can cause nausea, vomiting, and change in mental status

**TRANSPLANT**
Skipping exchanges will hurt your overall health and your chances to get a transplant

**INFECTIONS**
If you have repeated infections it can cause scarring of the membrane your body uses to remove toxins.

**ULTRAFILTRATION**
If you don’t follow your fluid restriction and need to use a higher glucose to ultrafiltrate, it can also cause scarring of your membrane.

It is extremely important that you perform your exchanges as prescribed by your doctor. It is also important you make your monthly appointments to obtain labs and speak with your dialysis “TEAM.”