

# Missing Dialysis

Is it worth the risk?

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

Skipping treatments and shortening dialysis time carry risks and complications—including:

Worsening of **ANEMIA** and **BONE DISEASE** as a result of not receiving scheduled intravenous medications at dialysis.

**CARDIAC COMPLICATIONS** – cardiac arrhythmia, cardiac arrest and death, due to high potassium levels.



**CEREBROVASCULAR COMPLICATIONS**  
i.e. stroke that could lead to disability and death

**CRAMPING** and **LOW BLOOD PRESSURE** during next dialysis session due to removing the extra, built-up fluid caused by missing treatment .



**FLUID OVERLOAD** – shortness of breath from fluid in lungs that may require an emergency room visit and emergency dialysis.<sup>1</sup>

Missing

- One treatment per week = 52 treatments per year
- This is the same as missing four months of treatments!!

Signing Off

- 15 minutes early each treatment = 39 hours per year!!

It is extremely important that you receive your full treatments as prescribed by your doctor. Please call the dialysis facility when you are unable to keep your appointment. They may be able to re-schedule your treatment.



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1. Animated figure provided by Kidney Patient Guide (<http://www.kidneypatientguide.org.uk/site/fluid.php>) and used with permission.