

PREPARING FOR YOUR 1ST HEMODIALYSIS TREATMENT

A simple checklist to help you prepare for your first day.

BEFORE YOU LEAVE HOME

Here are some things people often bring to their first treatment. Not every clinic requires all of these, so check with your dialysis center if you're not sure.

- ☐ Photo identification
- ☐ Insurance information, if your clinic asked you to bring it
- ☐ A current list of your medications
- ☐ Emergency contact information
- ☐ Any paperwork your dialysis center asked you to bring
- ☐ Comfortable clothing that allows staff to reach your vascular access
- ☐ Glasses or hearing aids, if you normally use them
- ☐ Your phone and charger
- ☐ Something to help pass the time
- ☐ A list of questions you want to ask

QUESTIONS TO ASK BEFORE TREATMENT

- ☐ Who should I call if I have a question after I leave?
- ☐ Who is part of my dialysis care team?
- ☐ How long is my scheduled treatment?
- ☐ What should I bring on a regular basis?
- ☐ Does my clinic have rules about food, drinks, visitors, phones, blankets, or electronics?
- ☐ What should I do if I'm running late or can't make a treatment?

Important: Always follow your dialysis clinic's instructions and your care team's guidance. They are there to help and support you throughout treatment.

NOTES

For more dialysis planning tools and patient resources, visit RenalCarePlanner.com.
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THINGS YOU MAY HEAR DURING YOUR FIRST TREATMENT

Your care team may use some words that are new to you. Here are a few you might hear. For fuller explanations, see the **Dialysis Terms Quick Reference**.

Pre-Weight

Blood pump

Arterial line

Venous line

Rinse-back

Target weight / dry weight

Ultrafiltration (UF)

Bruit

Post-treatment weight

Post-weight

AFTER TREATMENT

- ☐ Write down any questions that came up during treatment.
- ☐ Save your clinic's contact information somewhere easy to find.
- ☐ Follow your care team's instructions for caring for your vascular access.
- ☐ If something feels unfamiliar or concerning, ask your care team rather than assuming it's normal.

ONE PRACTICAL SUGGESTION

The first few weeks of dialysis can bring a lot of new information. You do not need to memorize all of it.

Keep a note on your phone or use the **Treatment Day Notes & Questions Log** to record unfamiliar terms and questions between treatments.

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