**Kidney Health (Hemodialysis) Self-Management Plan**

### EVERY DAY:
- Weigh yourself in the morning.
- Eat low salt food and plenty of protein: meat, eggs, poultry, fish.
- Take your phosphate binders with your meals.
- Keep the amount you drink to 3 cups (24 ounces) plus the amount you urinate each day.
- Keep track of all the fluid you drink and eat.
- Stop when you reach your daily limit.
- Don’t miss dialysis treatments, or cut them short.
- Take your medications.
- Keep all your medical appointments.

### Green Flags — All Clear

If you have:
- No shortness of breath
- Weight gains less than 2 pounds a day
- No swelling of your feet, ankles, legs, hands, or face
- No chest pain
- Able to do usual activities

What this could mean...
- You are doing well!

**Keep up the great work!**

### Yellow Flags — Caution

If you have:
- Weight gain of more than 2–3 pounds a day
- Shortness of breath
- Trouble breathing when lying down, or you need to sleep sitting up with extra pillows
- Swelling of your feet, ankles, legs, hands, face
- More tired than usual
- Fever, chills, cough or feel weak and achy
- 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
- You don’t feel well enough to come to dialysis

What this could mean...
- 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 doctor, consulting nurse, or health care provider if symptoms do not improve.

Name:

Number:

Instructions:

**Call your doctor, consulting nurse, or health care provider if symptoms do not improve.**

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

### Red Flags — Stop and Think

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 health care provider’s office.

Name:

Number:

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

**If you notice a Red Flag, CALL 911. Emergency!**