

# 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

## What this could mean...



### 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

- You are doing well!

**Keep up the great work!**

## Yellow Flags — Caution

## What this could mean...



### 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

- 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:**

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

## Red Flags — Stop and Think

## What this means...



### 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!**