



If You Are Missing or Shortening Your Treatments

You need to know

- The Hemodialysis treatments you are receiving replace only a small part of the normal function of your kidneys.
- If you don't get enough dialysis treatments, your blood will have too much of your body's waste products and you will feel sick.
- Patients who shorten three or more treatments in a month have a higher risk of death than those who stay the entire treatment.
- You will be at higher risk for infections and illness.
- Shortening or missing treatments can prevent you from getting on the transplant list.
- Missing 1 day of treatment a week = 4 months a year and takes years off your life!

If you don't think shortening your treatments a few minutes can hurt, do the math!

Minutes lost per treatment	Minutes lost per year	Hours lost per year
10 minutes	1,560 minutes	26 hours
15 minutes	2,340 minutes	39 hours
20 minutes	3,120 minutes	52 hours
30 minutes	4,680 minutes	78 hours

