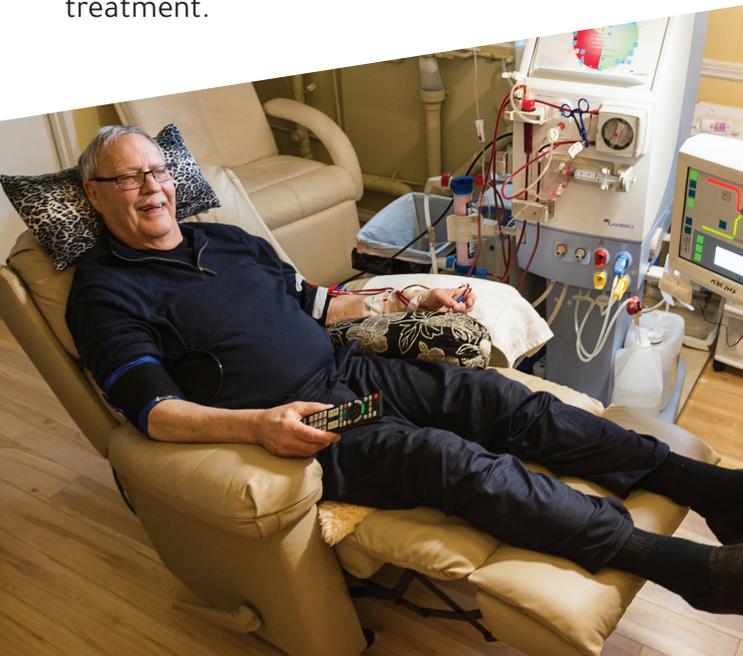


▶ **CAN I HAVE DIALYSIS TREATMENT AT HOME?**

Possibly, many patients have their hemodialysis at home.

▶ **WILL I BE UNCOMFORTABLE ON DIALYSIS?**

When you begin hemodialysis, the needles put in your fistula or graft maybe uncomfortable. Most patients get used to this with time. Your dialysis care team makes sure you are as comfortable as possible during your treatment. Symptoms like cramps, headaches, nausea or dizziness are common, but if you do have any of them inform your dialysis care team. You can help yourself by following your diet and fluid allowances. The need to remove fluid during dialysis is one of the things that may make you feel uncomfortable during your treatment.



▶ **I HAVE HEARD I MIGHT HAVE TO RE-USE MY DIALYZER EACH TREATMENT. IS THIS SAFE?**

Our hospital Nephrology unit do not allow reused filters, you will be provided with a new dialyzer for each treatment.

▶ **CAN DIALYSIS PATIENT TRAVEL?**

Yes. Dialysis centers are located in many foreign countries. Before you travel, you must make an appointment for dialysis treatment at another center. The staff at your center maybe able to help you arrange the appointment, or help you provide your needs such as medical reports, laboratory results and dialysis treatment order.

Log on to this website www.globaldialysis.com where you can find different centers and will give you the privilege to evaluate and rate the services in each centers you've been to.

▶ **OVERVIEW**

Healthy kidneys clean your blood and remove extra fluid, minerals and wastes in the form of urine. They also make hormones that keep your body healthy. Dialysis replaces some of these functions when your kidneys no longer work.

▶ **WHEN IS DIALYSIS NEEDED?**

You need dialysis when your kidneys no longer remove enough wastes and/ or fluid from your blood to keep you healthy. You may have symptoms such as nausea, vomiting, swelling and fatigue. However, even if you don't have these symptoms yet, you can still have a high level of wastes in your blood that maybe toxic to your body. Your doctor is the best person to tell you when you should start dialysis.



BAHRAIN SPECIALIST HOSPITAL - JUFFAIR
1781 2222

Building: 2743, Road: 2442, Block: 324, P.O. Box: 10588

BAHRAIN SPECIALIST HOSPITAL - RIFFA CLINIC
1338 1338

Building: 767 Road: 1221 Block: 912

BAHRAIN SPECIALIST HOSPITAL - AIRPORT CLINIC
1713 8777

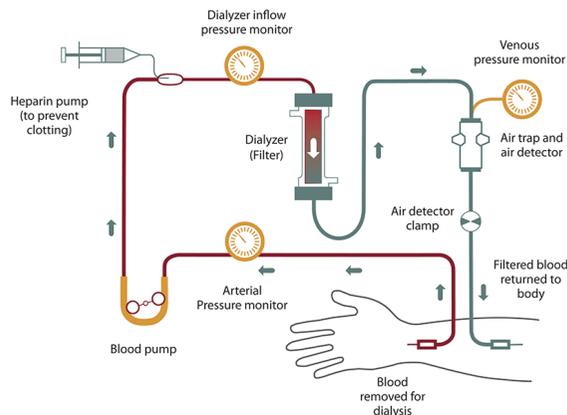
www.bahrainspecialisthospital.com

▶ HOW DOES HEMODIALYSIS WORK?

A dialysis machine has a special filter called an artificial kidney or a dialyzer, it is used to clean your blood. To get your blood into the dialyzer, the doctor needs to get an access. This is done with minor surgery.

▶ HOW DOES THE DIALYZER CLEAN MY BLOOD?

The dialyzer, or a filter, has two parts, one for your blood and one for a washing fluid called dialysate. A thin membrane separates these two parts. Blood cells, protein and other important things remain in your blood because they are too big to pass through the membrane. Smaller wastes products in the blood such as urea, creatinine, potassium and extra fluid pass through the membrane and are washed away.



▶ WHERE IS HEMODIALYSIS DONE?

It can be done in the hospital, in a dialysis center that is not part of a hospital or at home. You and your doctor will decide which place is best based on your medical condition, and your wishes.

▶ HOW LONG WILL EACH HEMODIALYSIS TREATMENT LAST?

Hemodialysis treatment usually last about four hours, and they are done three times a week. Your doctor will give you a prescription that tells you how much treatment you need. Your dialysis care team will monitor your treatment with monthly blood test to ensure your getting the right amount of dialysis. One of the measure your dialysis care team will use is Kt/V (pronounced kaytee over vee).

▶ CAN DIALYSIS CURE MY KIDNEY DISEASE?

In some cases of sudden or acute kidney failure, dialysis may only be needed for a short time until the kidneys get better. However, when chronic kidney disease, progresses to kidney failure over time, your kidney do not get better and you will need dialysis for the rest of your life or untill you are able to receive a kidney transplant.



Bahrain Specialist
Hospital & Clinics

PATIENT AND FAMILY COPING FOR HEMODIALYSIS

