

## 5. Care of A-V fistula site

Avoid taking blood pressure on this arm and avoid taking blood or receiving injection on this arm. No jeweler or watch on this hand. Do simple exercise to obtain the optimal blood flow of the fistula.

## 6. Under bad weather situations

Under inclement weather situations, it is up to patients or their families to decide if they should come to the hospital for dialysis treatments. Patients who have yet to decide if they should come to the hospital, they or their families are advised to maintain close contact with the nursing staff of Renal Unit.

## 7. Working

Discuss with nurses to set the suitable schedule to facilitate working.

## 8. Social activities

Social activities are encouraged.

## 9. Travel

Haemodialysis centers are over the world, patient should advance book with the center before they depart. Discuss with the doctors for details.

## 10. Please call your doctor for any Emergency

For any enquiry, please contact us at 22003143

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St. Teresa's Hospital  
聖德肋撒醫院

## Care for Haemodialysis Patient

## Health Information

## Haemodialysis Unit

The Haemodialysis Unit in St. Teresa's Hospital has been offering haemodialysis treatment to patient since 1980.

### Service Hours:

Monday to Saturday:

07:00 am to 21:00 pm

Sunday: Closed

Public Holiday: Normal Service

Location: 4/F, Main Block

Booking & Enquiry: 22003143



Haemodialysis is a process of cleaning the blood outside the body by a filter machine (dialyser), removing accumulated waste products and water from blood to restore body's haemostatic balance. It is a substitute for the excretory function of the kidneys but does not replace the endocrine and metabolic functions. It is mainly used in patients with end-stage kidney failure or acutely ill patients with significant impaired kidney function.

### Common problems after haemodialysis

- It is normal to feel tiredness, loss of appetite, nausea and vomiting after haemodialysis. Rest can improve the condition. Contact the doctor if the problem persist.
- Hypotension -Lie flat on bed and elevate both legs and sips of water if patient is conscious.
- Hypertension -Take hypertensive drugs according to doctor's prescription. Contact doctor if hypertension persists.
- Muscle cramps -Hot compress and massage on the affected area.
- Bleeding from cannulation site - Apply direct pressure to the site until stop bleeding, usually 15 minutes is needed.
- Care for the double lumen or permanent catheter. Keep clean of the area around the insertion site. and keep the dressing intact.

### Health education

#### 1. Weight control

It is very important to have the body weight everyday. Patient will feel dyspnoea, coughing, cannot lie down, oedema over ankle, face and eye lids in case of excessive weight gain.

The ideal body weight gain is 0.5-0.7 Kg per day.

#### 2. Skin care

Patient may have very dry skin and feel itchiness. Prevent hot water bath and use moisturizer after bath. Wear soft and cotton clothes.

#### 3. Blood Pressure

Monitor and record Blood pressure every morning and night. Bring record when follow up.

Notice: Hypertensive drug must be taken after dialysis or according to doctor's prescription.

#### 4. Diet control

Refers to the "Eating and drinking guidelines for renal patient" for more details. Patient can set the menu according to his own eating habit and favorite.

##### ● Protein

Optimal protein intake everyday. According to their body weight, about 40gm to 60gm (3 to 4 tale of meat). Choose high biological protein, e.g. egg, milk, pork, beef, chicken and fish etc.

##### ● Potassium

High level of potassium in the blood will cause cardiac arrhythmia.

Avoid taking banana, dried fruit, fresh fruit juice, preserved food, high concentrated tea which are high in potassium.

##### ● Sodium

Food in high sodium can cause thirsty and increase more water intake.

##### ● Phosphorous

High serum phosphorous level can cause join pain. Avoid food which is high in phosphorous such as milk product, animal internal organ, nuts and dried beans.