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Steps to Planning for Dialysis

A Patient's Guide

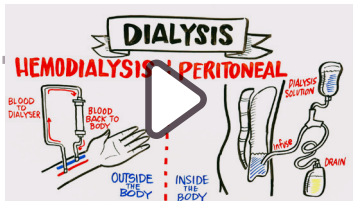
STEP 1

Understand your decision-making journey



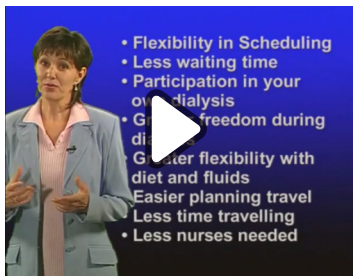
When considering your kidney treatment options, you're likely to do best when you have information ahead of time. Your kidney care team will begin discussing treatment options with you when your kidney function is between 15-25% of normal.

- a **Dialysis**
 - At home
 - In-centre
- b **Transplantation**
 - Deceased donor
 - Living donor
- c **Conservative care**
 - Active treatment



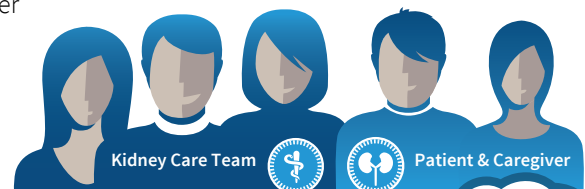
Failing Kidneys and Different Types of Dialysis Video:

Dr. Mike Evans, a physician and professor, has created an informative video to help you in your decision-making journey.



Options, Preparation & Timing Video:

There is no one-size fits all solution. Make a plan that fits with your lifestyle and life goals. Watch this video to learn about your options and see other patient's perspectives.

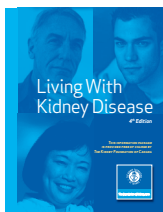


STEP 2

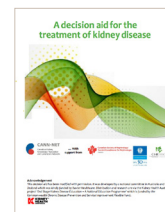
Share your thoughts with your support team



Talk to your kidney care team and with your loved ones. This will make it easier to come to the best decision for you.



Living with Kidney Disease Manual: The Kidney Foundation of Canada is a great resource to help you understand chronic kidney disease.



My Kidneys My Choice: Use this tool to help you assess your lifestyle and living arrangements to see if you're a candidate for home dialysis.

STEP 3

Decide on the right dialysis start-time for you



At around 15% kidney function, your kidney care team will more closely monitor your condition but this doesn't mean you have to start dialysis right away.

New Canadian guidelines recommend starting dialysis when you begin to develop symptoms of kidney failure — not just when your kidney function drops below a certain percentage.

Assessing symptoms can be tricky, especially if you have other illnesses. Work with your kidney care team to understand what symptoms will get better with dialysis. Keep track of how your symptoms change over time as this is a better indication of when to start dialysis.



Canadian Medical Association Journal (CMAJ):

The new Canadian guidelines, published in the February 2014 issue of CMAJ, are for your kidney care team and will aid them in deciding on the right option and start time with you.

SYMPTOMS to watch for:

Severe
fatigue

Nausea

Decreased
appetite

Shortness
of breath

Severe
itching

Visit KnowingKidneys.ca
for these and more resources

If you are experiencing these symptoms or have questions or concerns about any aspect of your decision-making, take notes and share them with your kidney care team.

Keep track of your symptom changes, always ask questions and keep yourself informed.

