



**General Advice for Haemodialysis Patients**

- 1) Control your water intake, you should not gain more than 3% of your dry weight if possible. Amount of water intake depends greatly on your urine output. I would suggest to weigh yourself everyday.
- 2) Control your salt intake because it makes your thirsty and drink more water.
- 3) Control your phosphate intake. Phosphate high foods include dairy product, nuts, Milo, oatmeal, fried noodles/kuih-teow.
- 4) Take care of your vascular access properly, **it is the lifeline of a haemodialysis patient.**
- 5) You should consult your doctor if you have fever during haemodialysis or non resolving fever and you can't find out the cause.
- 6) If you haven't got your fistula done, get it done as soon as possible.
- 7) It is very common you may experience cramp/giddiness during haemodialysis, however, your symptoms should get better, consult your doctor if you think your symptoms are persistent.
- 8) You should come for your dialysis regularly and do it for 4 hours every session.
- 9) If you are young, you may want to consider transplantation, discuss this with your doctor.
- 10) If you are a lady, you are advised against pregnancy. For male patients, although, it is difficult to father a child, it is still possible and not contraindicated.

Your Questions:

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