

## Blood tests

You can expect to have monthly blood tests, to check how effective your treatments have been and so that any other treatments that may be needed are organised.

Sometimes intravenous courses of iron may be necessary or treatment with EPO injections. Both of these treatments help with your red blood cell count (haemoglobin). This will help you feel less tired and will decrease any shortness of breath that you may be experiencing.

It is a standard of the department that all clients have their HIV and Hepatitis B status checked by blood tests. A course of Hepatitis vaccinations will be commenced if necessary.

## Caring for the vascular access site

Your vascular access will require special care. After dialysis, it usually takes about ten minutes to stop bleeding. A bandaid will be applied which should be left on for the rest of the day. This is necessary to protect your vascular access from getting infected and to prevent bleeding from occurring. Bleeding from the vascular access site may happen if the bandaid is taken off too early. You should check your vascular access daily for the 'buzz'. It is important if you cannot feel the 'buzz' that you ring the Renal Dialysis department or your local doctor.

## Caring for the vascular access site

Your vascular access site must be protected from pressure, this means:

- No bandages
- No blood pressures to be taken on this arm
- No laying on this arm at night

It is important to know that only a trained Renal Nurse should access the vascular access site eg. Blood samples should be taken from another site.

### FLUID RESTRICTION

Usually, your 'dry weight' is set by your doctor and you should not put on more than 2 kgs of weight between dialysis sessions. The amount you can drink is 500 mls, plus the amount you voided the previous day.

### Some hints:

- Freeze a bottle of drink and sip on this throughout the day
- Only have small drinks at any one time eg. 1/2 cup of tea.

### Some signs of overload:

- Puffy eyes and ankles
- Shortness of breath

### DIET

There will be some important changes in your diet, you may need to restrict your intake of:

- Sodium (salt)
- Potassium, found in fruit and vegetables
- Phosphate, found in nuts, cocoa & dairy foods

The hospital dietitian will speak with you about these restrictions and help you adjust your diet.



**Swan Hill  
District Health**  
*my hospital*

**Swan Hill  
District Health**

# Renal Dialysis Dept.

*Providing care &  
support for people with  
renal failure*

### For more information contact:

Renal Dialysis Dept.  
Swan Hill District Health  
Swan Hill, 3585  
p—(03) 5033 9 324  
7:00am—3:00pm  
[www.shdh.org.au](http://www.shdh.org.au)

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## About the department

The department is adjoining to the chemotherapy department. It is located opposite the pharmacy department in the main corridor between the acute ward and accident and emergency.

### PARKING

Off street parking is available on High Street and on street parking is available around the hospital, however time limits apply. A sign for your vehicle is available through the dialysis department for display to enable you to avoid parking fines.

### HOURS

The department has six trained staff. It operates between Monday–Saturday, 7:00am–3:00pm.

### HELP AND ADVICE

The renal dialysis department can be contacted on (03) 5033 9342 and after hours advice can be gained through the accident and emergency department on (03) 5033 9231.

The Swan Hill District Health patient information booklet is a useful source of other information about the services offered at the hospital.

### HELP AND ADVICE CONT.

Other numbers you may like to keep handy for future reference include:

The Kidney Foundation: (03) 9525 1515 or 1800 682 531 or [http://www.kidney.org.au/DATA/Shoestring–Patient information](http://www.kidney.org.au/DATA/Shoestring-Patient%20information) (Run by patients for patients): (03) 9894 0377

There are other support services available that may be of assistance to you, including: assistance in the home, assistance with transport etc. For further information about support services, please speak to our staff.

### KEEPING YOUR APPOINTMENT TIME

We ask our clients to keep their appointment times. Appointment times can be negotiated with staff in the event that a need arises (eg. a medical appointment in another town/city). Preference for specific times will be given to clients who are employed.

### CLIENTS RIGHTS AND RESPONSIBILITIES

The statements which follow regarding client rights and responsibilities are provided to help you understand what you can reasonably expect from the hospital and its staff. It includes your responsibilities to ensure the comfort and welfare of other clients and staff so that all clients can obtain maximum benefit from their treatment.

- You should be given a clear explanation of your condition, problem or disease in language that you can understand.
- Before any treatment or investigation is carried out, you should be given a clear explanation of the procedure to be followed, including risks and side effects. You should also give your consent to such treatment or investigation.

### CLIENTS RIGHTS AND RESPONSIBILITIES CONT.

- You can, at any time, withdraw your consent and refuse further treatment.
- You are entitled to be treated with care, consideration and dignity at all times. Full acknowledgment of your cultural and religious beliefs and a right to privacy.
- You have the right to be looked after by health care professionals whose skills and care meet recognised standards, practices and ethics.
- We need to know your medical history including details of any medications or substances you may be taking. It is important that you answer questions honestly and let us know of any problems which you feel may be affecting your health or medical condition.
- We assume that you will comply with your prescribed treatment, so as to achieve the best possible health outcomes for you.
- We will involve you and your carers in planning and in the setting of care goals.
- Please consider the well being and rights of other clients, staff and visitors to the hospital.
- You will need to sign an election form at health information services advising of your choice to be treated as a public, private, Veterans Affairs, Transport Accident or Workcover patient. There is no cost to you for this treatment.