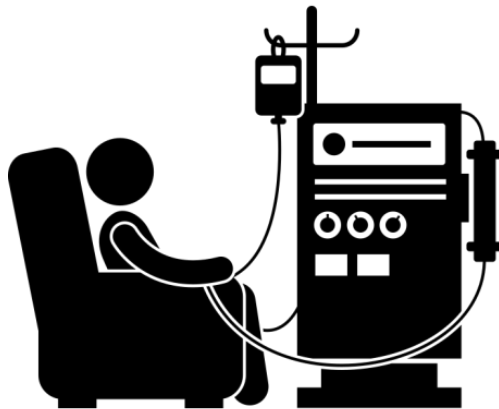


# Incremental Haemodialysis

Information for patients

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**Edinburgh Renal Unit**

## **What is incremental haemodialysis?**

Incremental haemodialysis is where the amount of time spent on the dialysis machine is individualised depending on how much your own kidneys are still working. This means you may be able to start dialysis twice a week instead of three times a week if your kidneys are still able to get rid of some waste products. This means you would dialyse on either:

- Mondays and Thursdays
- Tuesdays and Fridays
- Wednesdays and Saturdays.

## **Who can have incremental haemodialysis?**

You can be considered for incremental dialysis if:

1. Your blood potassium levels are well controlled
2. You do not have significant fluid overload.

## **What tests do I need to have on incremental haemodialysis?**

To make sure enough waste products are removed to keep you well, blood and urine tests are done 3 weeks after you start dialysis. This involves:

1. A blood test taken before and after dialysis which will be taken by the dialysis nurses
2. A 24 hour urine collection.

These tests are repeated every 6 weeks for the duration of time you are on twice a week haemodialysis. The dates of these tests can be filled in on the last page of this leaflet.

## **What happens if I am not getting enough dialysis?**

Over time, your kidneys may become less able to get rid of waste products. If the combination of your own kidneys and twice weekly dialysis is not able to remove enough waste products to keep you well, the following changes may be made:

1. Changes to your dialysis prescription e.g. your type of dialysis access or the machine pump speed
2. The duration of each dialysis session. This can be increased up to a maximum of 5 hours
3. Dialysis increased from 2 days a week to 3 days a week.

Please be aware that when you start incremental haemodialysis the amount of time you spend on dialysis is likely to increase over time.

## **What can I do to protect my kidney function?**

It is important to limit your fluid intake if your dialysis consultant has indicated this is important for you. This will prevent you having to take off a lot of fluid at once when you are on dialysis.

Keeping your blood pressure well controlled and taking your other medications as prescribed will help you stay well too.

## **Who should I contact if I have any questions?**

Please speak to your dialysis consultant or the incremental dialysis nurse if you have any questions.

## Blood and urine tests

Week	Date	Urine volume (ml)	KrU (ml/min)	Kt/V
3				
9				
15				
21				
27				
33				
39				
45				
51				
57				
63				
69				
75				
81				
87				
93				
99				
105				

**Safety criteria: Urine volume over 600ml; KRU over 3ml/min; Kt/V >2**