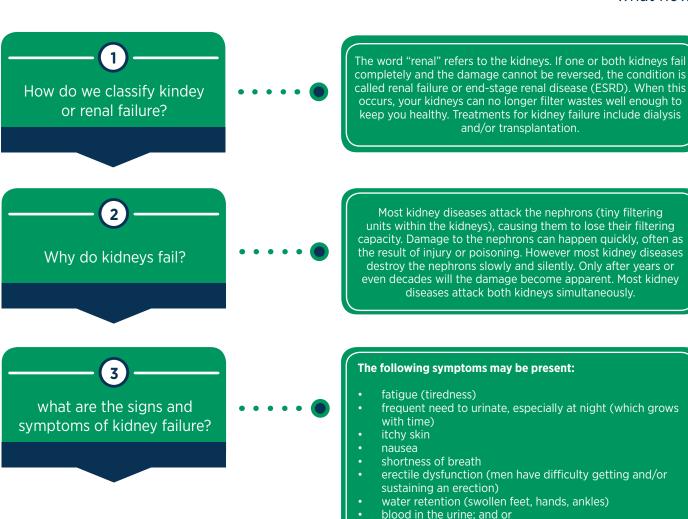


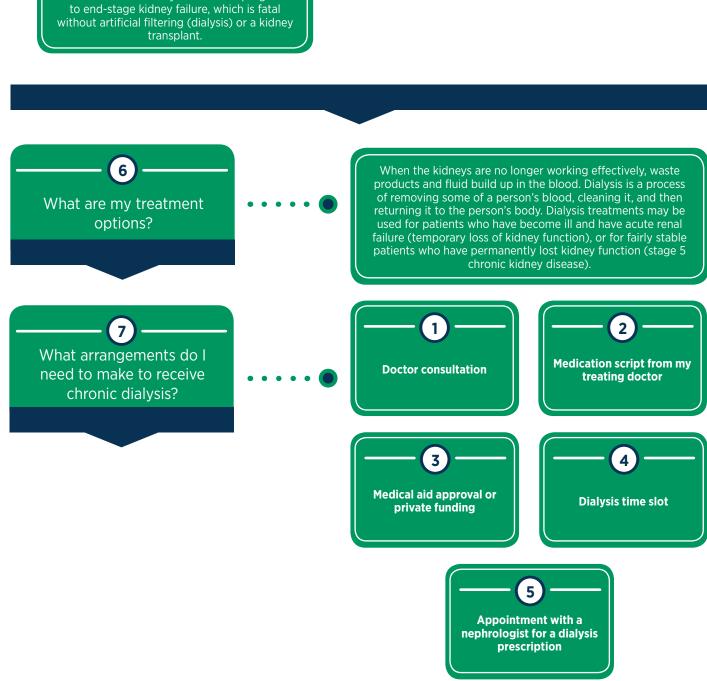
A FAMILY MEMBER, FRIEND OR I HAVE KIDNEY PROBLEMS

- what now?



protein in the urine

5 4 I have chronic kidney failure I have acute renal failure Chronic kidney disease, also called chronic kidney failure, describes the gradual loss of Acute kidney failure occurs when your kidneys kidney function. Your kidneys filter wastes and suddenly become unable to filter waste excess fluids from your blood, which are then products from your blood. When your kidneys excreted in your urine. lose their filtering ability, dangerous levels of wastes may accumulate, and your blood's When chronic kidney disease reaches an chemical makeup may get out of balance. advanced stage, dangerous levels of fluid, electrolytes and wastes can build up in Acute kidney failure can be fatal and requires your body. intensive treatment. However, acute kidney failure may be reversible. If you're otherwise in In the early stages of chronic kidney disease, good health, you may recover normal or nearly you may have few signs or symptoms. Chronic kidney disease may not become normal kidney function. apparent until your kidney function is significantly impaired. Treatment for chronic kidney disease focuses on slowing the progression of the kidney damage, usually by controlling the underlying cause. Chronic kidney disease can progress to end-stage kidney failure, which is fatal without artificial filtering (dialysis) or a kidney



stomach, intestines, and liver) to filter your blood. This kind of dialysis is needed daily hence the name of this electrolyte imbalances. This is accomplished using a machine and a dialyser, also referred to as an treatment - continuous ambulatory peritoneal dialysis "artificial kidney". (CAPD). Peritoneal dialysis is not suited for all patients and criteria needs to be closely discussed together with your doctor.

Haemodialysis: A medical procedure to remove excess

fluid and waste products from the blood and to correct

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How does dialysis work?

There are two major types of dialysis:

Blood travels through dialysis blood lines to the dialyser, also known as the artificial kidney. The dialyser is made up of two compartments, blood and dialysate. Porous membranes inside the dialyser allow for the movement of waste products, electrolytes and water between compartments through a process of osmosis and diffusion. These exchanges continue over the prescribed dialysis session until a balance of electrolytes and effective removal of waste products

is achieved.

Red and white blood cells and other important blood components are too large to fit through the pores in the membranes, but urea and salt flow through membranes into the sterile solution (dialysate) and are removed. This is achieved by processes of osmosis and diffusion.

Peritoneal dialysis: uses the lining of your abdominal

cavity (the space in your body that holds organs like the

Where do we go from here?



provide authorisation.

If you are paying privately: Patients who are not covered by a medical scheme will be required to pay a deposit based on the estimated total costs of treatments delivered.

dialysis treatments and will be charged separately.

Life Healthcare case managers will assist and guide you with the following process:

Obtaining relevant medical aid forms.

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Frequently asked questions:



What about my medication? Chronic patients required to take any medication before, during or after dialysis will be required to bring their own medication from home. Please inform your dialysis nurse of such instances so as to ensure that treatment is administered appropriately, recorded and supervised.

For convenience, medication such as erythropoietin (EPO) and iron, can be stored and refrigerated at your dialysis facility. Please confirm the process used for receiving and storing of EPO with the unit managers. The cold chain should be maintained

clinical status and kidney function.

For purposes of understanding how dialysis sessions work, the most common treatment programme to achieve adequate clearance are four hour sessions, three times a week. You will be required to select one slot that comprises 2-3 sessions per week. For example morning (am) sessions may run:

Slot 1 - 06:00-10:00 on a Monday, Wednesday and Friday or

Slot 4 - 11:00-14:00 on a Tuesday, Thursday and Saturday

even during transportation between your home and the dialysis facility. What are the treatment times? These vary between the different facilities and will be discussed with you prior to your first dialysis session. Your frequency of treatments and duration of each session will be determined by your facility nephrologist or physician pending individual

Slot 2 - 06:00-10:00 on a Tuesday, Thursday and Saturday For example afternoon (pm) sessions may run: Slot 3 - 11:00-14:00 on a Monday, Wednesday and Friday or

manager and will depend on the availability of evening slots. May I have visitors? Visitors are discouraged from entering treatment areas for maintenance of strict infection control measures. Visitors are

For your convenience selected facilities do provide evening sessions. This will have to be discussed with your facility unit

encouraged to make use of waiting rooms What will happen to my valuables? We recommend that you do not bring valuables such as jewellery, or large sums of money with you. Dialysis facilities are not equipped with safes and whilst every effort is made to protect patient's belongings, we cannot take responsibility for

your belonging or the loss thereof.

Tell me more about your facilities and services **Equipment –** latest technology dialysis machines and comfortable dialysis chairs Medical services – easy access to hospital specialist / physicians / X-ray department / Laboratory facilities

Public phones – facility telephones are not available for personal use. If there is any emergency, the nursing staff will contact your family.

Smoking - all facilities are strictly non-smoking facilities and as such, smoking is only allowed in designated smoking areas.

How do you monitor service delivery? Your feedback with regard to our facilities and services are important to us. Please share your suggestions, concerns, compliments or complaints with us. Our managers will also make regular rounds. As your comfort and care are important to us, we encourage you to speak freely with them.

Making life better