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Steps to Planning for Dialysis

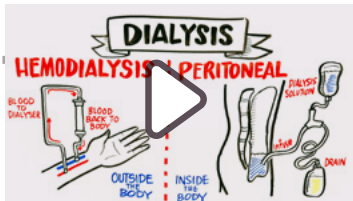
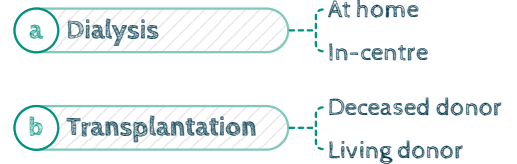
A Patient and Family's Guide

STEP 1

Understand your decision-making journey



When considering 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.



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. Some types of dialysis are better for young people. Please discuss what might be different for children and adolescents with your kidney care team.



Options, Preparation & Timing Video:

There is no one-size fits all solution. Make a plan that works for your family. Watch this video to learn about your options.

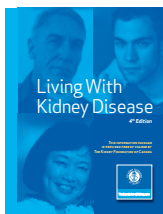


STEP 2

Share 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 your family assess 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 are very young, or 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.

SYMPTOMS to watch for:

Severe
fatigue

Nausea

Decreased
appetite

Poor
growth

Severe
itching

Issues at
school

Visit [KnowingKidneys.ca](https://www.knowingkidneys.ca) and click on the “pediatric” link for further 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.