



VERY

<p>DAY:</p> <ul style="list-style-type: none"> • Weigh yourself in the morning • Eat low salt food and plenty of protein: meat, poultry, fish • Take your phosphate binders with your meals • Keep track of all the fluid you drink and eat—stop when you reach your daily limit 	<ul style="list-style-type: none"> • Keep the amount you drink to 3 cups (24 ounces), plus the amount you urinate each day • Don't miss dialysis treatments, or cut them short • Take your medications • Keep all your medical appointments
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Green Flags – All Clear 	What this means:
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<p>If you have:</p> <ul style="list-style-type: none"> • No shortness of breath • Weight gains less than 2 pounds per day • No swelling of your feet, ankles, legs, hands or face • No chest pain • Able to do usual activities 	<ul style="list-style-type: none"> • You are doing well!
Keep up the great work!	

Yellow Flags – Caution 	What this means:
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<p>If you have:</p> <ul style="list-style-type: none"> • Weight gain of more than 2-3 pounds/day • Shortness of breath • Trouble breathing when lying down, or you need to sleep sitting up with extra pillows • Swelling of your feet, ankles, legs, hands, face • More tired than usual • Fever, chills, cough or feel weak and achy • No buzzing (thrill) in your fistula or graft • Painful, hot, red or swollen skin around your fistula or graft • Diarrhea more than 3 times a day, or are vomiting more than once a day • You don't feel well enough to come to dialysis 	<ul style="list-style-type: none"> • You need to be checked by a healthcare provider • You may have too much fluid, have an infection, or need your fistula or graft checked <div style="background-color: #d3d3d3; padding: 5px; margin-top: 10px;"> <p>Call your dialysis center, kidney doctor, or access surgeon</p> <p>Name: _____</p> <p>Number: _____</p> <p>Instructions: _____</p> </div>
If you notice a Yellow Flag, work closely with your health care team.	

Red Flags—Stop and Think 	What this means:
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<p>If you have:</p> <ul style="list-style-type: none"> • Bleeding from your access that you can't stop by pressing on it • Trouble breathing • Fast heartbeat • Trouble thinking clearly, confusion • Chest pain, heaviness in your chest • Severe weakness, trouble walking and tingling around the mouth 	<p>Follow these instructions:</p> <p style="text-align: center; color: red;">CALL 9-1-1</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>If possible, notify your health care provider's office:</p> <p>Physician: _____</p> <p>Number: _____</p> </div>
If you notice a Red Flag, call 911. Emergency!	



Kidney Health—Hemodialysis

Self-Management Plan

Area Agency on Aging and Disabilities of Southwest Washington

At the Area Agency on Aging & Disabilities, we believe every adult deserves to live with dignity. We connect seniors, adults with disabilities and family caregivers to a full range of free and other community resources designed to offer you choice, improve your quality of life and respect your independence.

For more information, call Information and Assistance

Clark County: 360-694-8144—iaclark@dshs.wa.gov

Cowlitz and Wahkiakum Counties: 360-577-4929—iakelso@dshs.wa.gov

Klickitat County: Goldendale: 509-773-3757 White Salmon: 509-493-3068—
kcinfo@klickitatcounty.org

Skamania County: 509-427-3990—seniorsia@co.skamania.wa.gov

www.helpingelders.org

