



Royal Berkshire
NHS Foundation Trust

Starting haemodialysis

Information for patients

Haemodialysis Unit _____

Dialysis days _____

Dialysis start time _____

Your blood results are now at a level that means you need dialysis to keep you well. To help you make the transition from pre-dialysis to haemodialysis there are a few changes that you need to be aware of.

Before you can commence dialysis we will need to have obtained a recent blood sample to look for blood borne viruses such as Hepatitis B, C and HIV. Should this prove positive, your dialysis will go ahead but extra precautions will be taken. All patients are tested every three months so that everyone is protected. We will also ensure that we have swabbed your skin to make sure that if you have any bugs on your skin we try to get rid of them before we start dialysis to reduce the risk of introducing infection into your blood. This is done by using special soap and nasal cream for five days.

Please think about how you will get to the dialysis unit. If you drive we would advise you to get someone to bring for the first few sessions until you know if you feel well enough to drive after your treatment. Parking is free of charge at Windsor and Bracknell and a parking permit can be given for the Royal Berkshire Hospital and West Berkshire Community Hospital. If you require hospital transport, please let us know as soon as possible. You will need to be ready two hours before your treatment time.

When you begin dialysis you will be allocated a named nurse who will be responsible for your care.

Each dialysis treatment takes between four and five hours. You will start by doing two hours for your first session; each session will increase by an hour until you reach four hours. To ensure that you are dialysing adequately, the dialysis nurses will take a series of blood tests every month. Please ask them to explain the results to you.

For those of you who have regular Epo injections we ask you to finish the supply you have at home. We will cancel any further deliveries and you will then receive your Epo directly into the machine whilst having dialysis. You will also receive intravenous iron whilst on the machine should you need it.

Some of your other medications may also change. The doctors will tell you when to stop taking the Sodium Bicarbonate and the water tablets and possibly reduce the tablets for your blood pressure. On the day of your first dialysis treatment please do not take your blood pressure tablets. Please bring them in with you and ask for further instructions. If you take Alpha Calcidol (One Alpha) tablets these will be given to you whilst dialysing.

You may already be on dietary and/or fluid restrictions; these may change as you become established on haemodialysis. The dietitians will use the monthly blood tests to advise you on the most appropriate diet for you and will see you whilst dialysing.

You will no longer need to attend the low clearance clinic. An appointment will be made for you to attend the dialysis clinic soon after you have started dialysis treatment. You will need to ask for a new dialysis awareness card so that the information on it is now relevant to your new treatment.

It is important to remember that it may take a few weeks before you begin to feel better as you adjust to the changes in your blood result levels and the new dialysis routine. If you have any concerns or need advice please contact the appropriate haemodialysis unit.

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Hospital

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Reading RG1 5AN

Tel 0118 322 8360/1

Sister in Charge:

Rizhuanah Wiles

Huntley and Palmers**Haemodialysis Unit**

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Hospital

London Road

Reading RG1 5AN

Tel 0118 322 8518/9

Sister in Charge: Rizhuanah Wiles

Windsor Dialysis Unit

Old Ambulance Building

Maidenhead Road

Windsor SL4 5EY

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Charge Nurse: Jimmy Govere

Bracknell Dialysis Unit

Brants Bridge

Bracknell RG12 9BG

Tel 01344 662960

Sister in Charge: Carolin Behbahani

Enborne Dialysis Unit

West Berkshire Community Hospital

London Road, Thatcham

Berkshire RG18 3AS

Tel 01635 273640

Sister in Charge: Marion Weaver

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www.royalberkshire.nhs.uk

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and formats upon request.

Revised by: Renal Unit, February 2019

Review due: February 2021