

# Missing Dialysis: Is it worth the risk?

We want you to know that missing dialysis and coming off early has risks and leads to complications including:

- **Fluid overload** – Shortness of breath due to fluid in the lungs. You may end up in Accident and Emergency and need emergency dialysis
- **High blood pressure** which can cause a stroke leading to permanent disability or death
- **Cramp and low blood pressure** during your next dialysis due to removing the extra, built-up fluid caused by missing dialysis. Over time, this may cause permanent damage to your heart and brain
- **Heart problems** such as irregular heartbeat, cardiac arrest and death due to high potassium levels and excess fluid that has built up
- **Worsening anaemia** due to not having iron and EPO injections
- **Worsening** of other medical conditions you may have and developing new problems
- **Not being fit enough to have kidney transplant surgery if you are on the national list**
- **Increase** the risk of you being admitted to hospital

## Think!

**Missing** one dialysis per week = 52 treatments a year.  
This is the same as missing 4 months of dialysis in a year.

### **Coming off early**

15 minutes each dialysis = 39 hours per year



**Remember:** Although you may not develop any problems straight away, not enough dialysis will shorten your life and can cause disabilities.

**It is extremely important that you have all your dialysis as prescribed by your doctor.**