

How to feel your best on dialysis

Feel your best by following every step of your treatment plan and making healthy choices, including:



Staying for your full dialysis session—every time

Cutting back on your treatment time by even 10–15 minutes will allow toxins and fluid to build up in your body over time. Feel your best by completing every prescribed treatment and staying for the full time.



Taking all prescribed medications

You need certain medications to stay healthy and help your body feel its best. It's very important to take all your medications exactly as prescribed.



Choosing the best type of access for you

Staying healthy starts with a great dialysis access site. Talk to your care team to make sure you have the best access site possible.



Eating well and managing your fluids

Dialysis works to balance chemicals in your body and remove excess fluid. Feel your best by eating well, limiting sodium, and managing your fluids.



Making healthy lifestyle choices

Making choices like avoiding smoking and excessive alcohol, staying up to date on your vaccines, and following good hand hygiene are all ways to feel your best.



Getting the support you need for your mental health

Talk to people you trust to get the support along the way.



We are here to help!

Your care team is here to support you along the way and answer any questions.