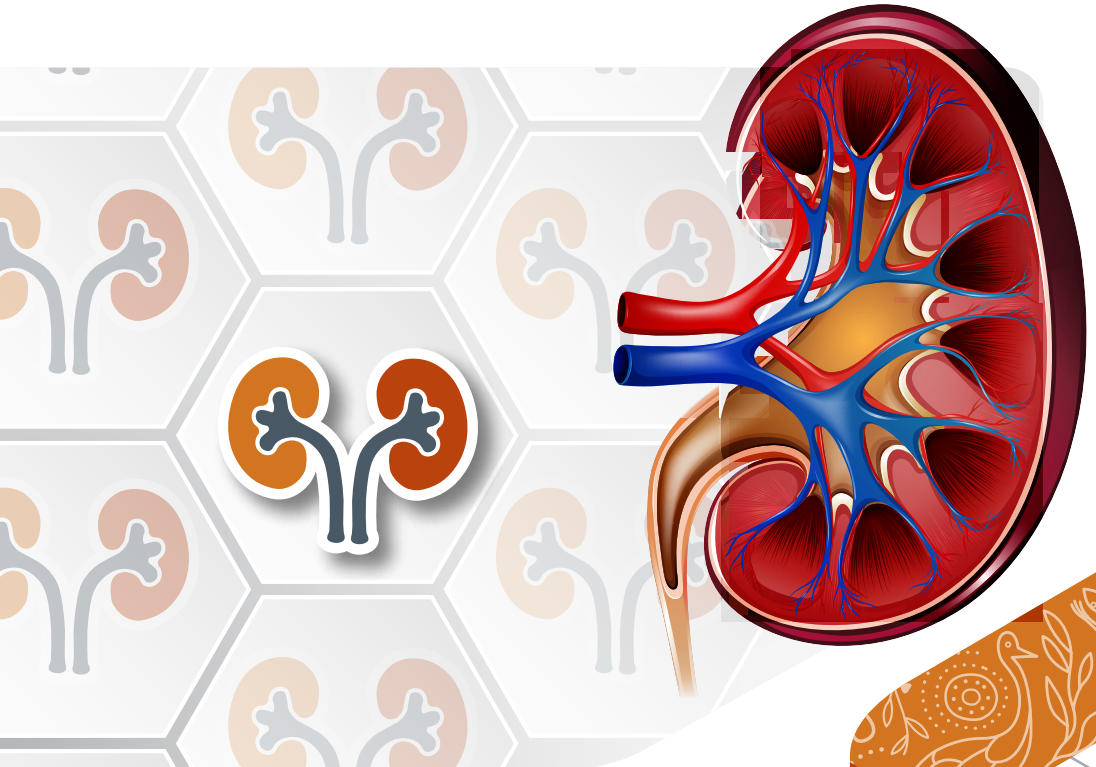




Government of **Western Australia**  
North Metropolitan Health Service  
Sir Charles Gairdner Osborne Park Health Care Group



# Haemodialysis

## Patient information

Welcome to the Sir Charles Gairdner Renal Unit



**NM**

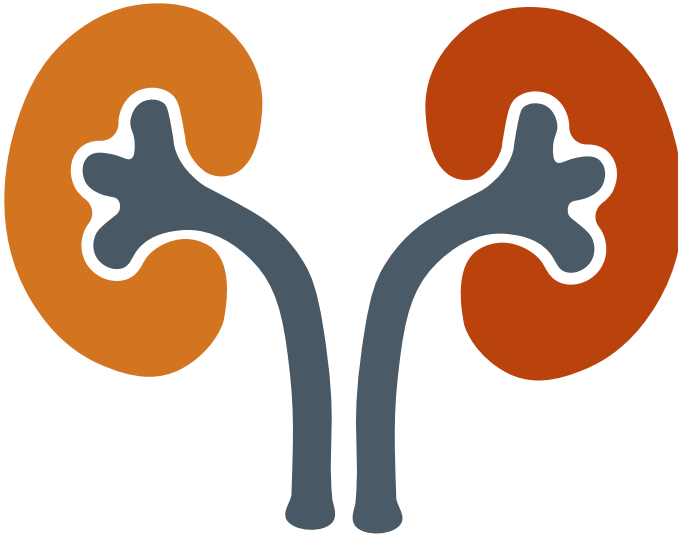
# Welcome to the Sir Charles Gairdner Renal Unit

Ward G65  
6th floor, G Block  
Sir Charles Gairdner Hospital

**Phone** (08) 6457 3333

## Opening hours

Monday to Friday 7am - 9.30pm; Weekends 7am - 3.30pm



## Appointment times

You will be allocated appointment times by Ward G65 nursing staff. Please report to ward reception 15 minutes before your appointment and remain in the waiting area until you are called into the unit.

Your appointment times may change (occasionally at short notice) to accommodate service needs. Please phone us if you are going to be late or are unable to attend your usual appointment.

## **Nursing team**

The nursing team, led by a clinical nurse manager, includes clinical and registered nurses.

## **Medical team**

Your medical care will be managed by your renal consultant, registrars and resident doctors, who will attend to any immediate medical problem in the dialysis unit as required.

## **Outpatient clinic appointments**

You should see your renal consultant every three months. Please let the nurses know when your appointments are approaching to enable them to send dialysis information to your consultant. Please book clinic appointments with G65 reception staff. If you see your consultant privately, book through his/her private rooms.

## **Emergency medical care**

The renal unit is for routine haemodialysis only. If you have any other medical requirements or you are unwell, please either:

- Visit your GP
- Attend the Emergency Department
- Call 000 for an ambulance

## **Allied health & support staff**

Social work, welfare, dietician, Aboriginal liaison, chaplain, interpreters and other support staff can be contacted on your behalf as required.



# Attending dialysis

## Transport

You will need to arrange your own transport to and from your dialysis appointment. Sir Charles Gairdner Hospital is accessible by car or by public transport. If you need to phone someone to take you home after dialysis, the nurses can assist you.

Organisations such as the Department of Veterans' Affairs, St John Community Transport Service and local councils may provide help with transport. You may also be eligible for half-price taxi vouchers using the Taxi Users Subsidy Scheme (TUSS). The renal social worker is available for advice about transport if required.

To plan your public transport journey, visit TransPerth at <http://www.transperth.wa.gov.au/Journey-Planner>.

## Parking

Paid parking is available on site in the visitors' carpark at your own cost.

**Please note, we do not recommend that you drive to your first three dialysis appointments, due to the possibility of experiencing nausea and/or dizziness after dialysis.**

If you have completed at least three treatments and your blood pressure is stable, you may consider driving to and from dialysis. Speak to the nurses or your consultant for advice.

A courtesy buggy service is available if you have difficulty walking and require assistance to and from the SCGH carpark. The service is available Monday to Friday (9am- 4pm) and can be contacted on 0481 438 731.

## Reception

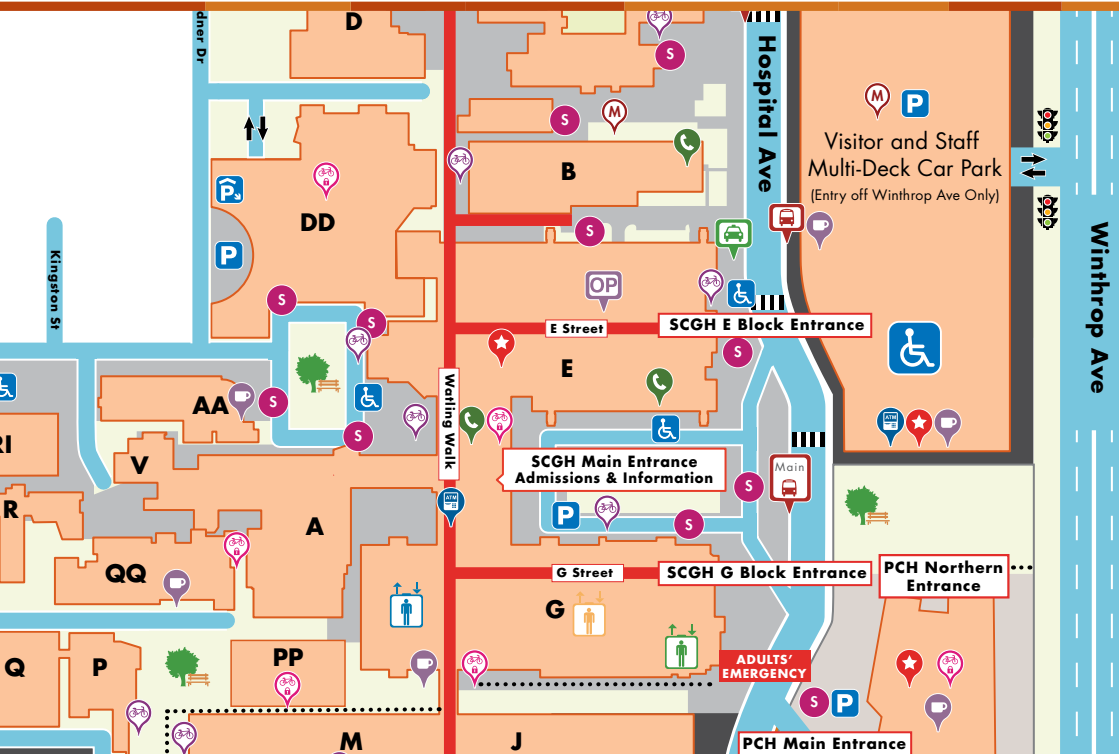
For your **first outpatient appointment only**, you will need to go to the main entrance of the hospital for admission. After this, G65 reception will admit you for each appointment.

Reception staff at the main entrance can organise your transfer to the dialysis unit in G Block if you are in a wheelchair or are unable to walk the distance.

If you are able to walk the distance, make your way to the blue lifts. The dialysis unit is on Ward G65 on the 6th floor.

**Monday - Friday (7.30am-4pm)** Please report to the main reception area to register for your dialysis, where administration staff will inform the nursing staff of your arrival. Please remain in the waiting area until you are called into the unit.

**Monday - Friday (after 4pm) and weekends** Please remain in the waiting area until you are called into the unit by nursing staff. No clerical staff are present at these times.



# Before dialysis

## Hand gel

On arrival into the unit, please apply hand gel (located both sides of the entrance) to help reduce the risk of infection. This includes anyone who accompanies you to the unit.

## Patient baskets

You can store your blankets and sheepskins and any other non-valuable equipment or entertainment you wish to keep at the dialysis unit. Baskets are in the waiting room and are not locked, so do not leave any valuables in them. One of our hospital service assistants will allocate your basket.

Please make sure your blanket is washed regularly. If you wish to bring in an electric blanket to use, we need to complete an electrical safety check first.

## Identification

You will have a three-point identification check and be asked to wear an identification band for every dialysis treatment. This must occur at every dialysis, according to hospital regulations.

# During dialysis

## Entertainment

TV and radio are available free of charge. You can bring in your personal electronic devices but they must have an electrical safety check prior to use. Please ask reception to organise this.

## Meals

Patients are advised to avoid eating during treatment for the first week of dialysis. Eating can cause your blood pressure to drop and make you feel dizzy.

Sandwiches, biscuits, hot drinks are provided during dialysis. You are welcome to bring your own snacks; however, nursing staff are unable to prepare or heat up meals.

## Medications

Routine medications must be prescribed by your GP.

Prescriptions for local anaesthetic cream (LMX cream) and erythropoietin- stimulating agents (eg. Novocrit, Aranesp, Eprex, and Micera) should be obtained from your renal consultant at your three-monthly clinic appointment.

### *Blood pressure medications*

On dialysis days you may have to take your blood pressure medications after dialysis. Talk to your doctor or nurse about this.

### *Phosphate binders*

If you usually take a phosphate binder with meals and plan to eat on dialysis, please bring a phosphate binder with you.

### *Erythropoietin*

We can administer your erythropoietin in the dialysis unit. Please bring it with you when due. Be sure to pack it with an icepack to keep it cold until you arrive.



## After dialysis

During dialysis, water and waste products are removed from your body. For some people this can cause:

- A general feeling of being very tired and washed out
- Low blood pressure, dizziness or high blood pressure
- Inability to walk safely

These symptoms can last up to a few hours after dialysis. If you have been receiving dialysis on several occasions, you will already be aware as to how you usually react to treatment. Everyone is different and each dialysis can be different.

After each dialysis, the nurses will assess your blood pressure, general wellbeing and decide if you are well enough to go home immediately, or if you need to remain in the unit for a brief period.

If you remain unwell for a long period after dialysis, you will be asked to go to the Emergency Department for a review (this only happens occasionally).

### Driving

As stated before, we recommend that you do not drive home after your first three dialysis treatments or, if you feel unwell, after any dialysis treatment.

Depending on how you respond to treatment you may have to delay driving for a while. We recommend that you always have a backup plan to get home if you are not well enough to drive.



## Risk of falls

Low blood pressure or feeling very tired can increase your risk of falls. Take extra care by:

- Looking out for trip hazards
- Using any recommended walking aids
- Avoiding unnecessary jobs or walking around until you feel 'normal'.

The nursing staff can provide you with more information on fall prevention.

## At home between dialysis treatments

### Eating and drinking

#### Food

You should have received information about your personal food restrictions from the renal dietitian within the first one to two weeks of starting dialysis. We also have dietary information available in the unit.

Every month we take blood tests and discuss the results with you. We will let you know if your food choices need to change.

#### Fluid restriction

Dialysis is easier for you if you limit your fluid intake between dialysis sessions. Removing large volumes of fluid during dialysis increases the risk of low blood pressure, cramps, nausea and generally feeling unwell. Ask for advice if you are struggling with your fluid restriction. This is not uncommon.

#### Dietitian

If you need further advice from the dietitian the nurses can send a referral.



# Vascular access

## Fistula or graft

Please apply your local anaesthetic cream to the fistula site 30 to 60 minutes before your appointment. You will be asked to wash your arm at the sink prior to needle insertion.

After dialysis, leave the dressing on until the next day. If you are unsure how to check your fistula, please speak to the nurses for more information.

## Bleeding from your needle sites

Occasionally the needle sites may start to bleed after you leave the unit. Apply pressure where it is bleeding for at least five minutes. Once the bleeding has stopped, you can clean up any excess blood and put a clean, dry dressing on.

Do not apply a bandage around the arm. It is a good idea to keep some clean gauze and Band-Aid dots handy in your car or handbag for your journey home. Your nurse can provide these for you.

If you are unable to stop the bleeding, seek urgent assistance. If you are alone, dial 000.

## Central venous catheter

You will be supplied with a brochure about the care of your central venous catheter: *Tunnelled large-bore central venous catheter: patient information.*

Your catheter is for dialysis use only and you should only allow dialysis staff to access it, unless there is an emergency.



## Carers

Carers may access information from Carers Australia WA. If your carer would like the Prepare to Care booklet, please ask your nurse to provide one for you. This booklet includes places to write down information given to you from hospital staff, explanation of common terms and useful contacts.

## Satellite dialysis

All patients will be transferred to a satellite dialysis unit once medically stable. You will be advised of the transfer as soon as a temporary or permanent spot becomes available.

## Educational resources

Brochures about kidney failure and other relevant information can be obtained from G65. Nursing and other medical staff on the ward can answer your questions or refer you to the appropriate source.

**Kidney Health Australia** is a support organisation for people with kidney disease. Call 1800 454 363 or visit their website at [kidney.org.au](http://kidney.org.au).

## Holidays

It may be possible to organise dialysis in another unit in Australia or overseas. It does require advance planning – three months in advance is recommended – and medical clearance from your renal consultant.

If you require further information, please contact G65 (renal department) on (08) 6457 2799





## Sir Charles Gairdner Hospital



📍 Hospital Ave, Nedlands WA 6009

📞 (08) 6457 3333

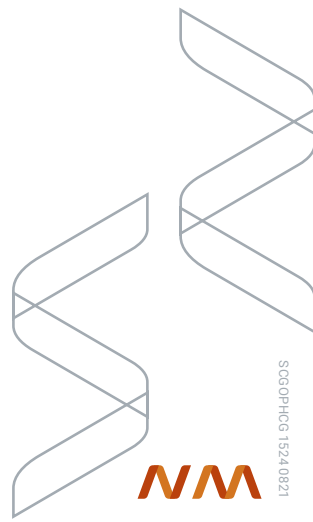
📞 Hearing impaired (TTY) (08) 6457 3900

🌐 [scgh.health.wa.gov.au](http://scgh.health.wa.gov.au)

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in alternative formats on request.

-  We are proud to be a smoke-free site.
-  Thank you for not smoking or vaping in any buildings or on our grounds.

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