

# MINUTES MATTER—The Risks of Shortening and Missing Treatments



It is very important that you receive your full dialysis treatments as your doctor has prescribed. Coming for every treatment and staying for the full time is important to getting “adequate” dialysis. You may not think cutting treatment by 30 minutes or missing a treatment once a week makes a difference, but over time every minute adds up.

| Missed Treatment(s) | Dialysis Minutes | Dialysis Hours | Months worth of treatments |
|---------------------|------------------|----------------|----------------------------|
| 1                   | 240              | 4              | 0.08                       |
| 2                   | 480              | 8              | 0.15                       |
| 3                   | 720              | 12             | 0.23                       |
| 4                   | 960              | 16             | 0.31                       |
| 5                   | 1,200            | 20             | 0.38                       |
| 6                   | 1,440            | 24             | 0.46                       |
| 7                   | 1,680            | 28             | 0.54                       |
| 8                   | 1,920            | 32             | 0.62                       |
| 9                   | 2,160            | 36             | 0.69                       |
| 10                  | 2,400            | 40             | 0.77                       |
| 11                  | 2,640            | 44             | 0.85                       |
| 12                  | 2,880            | 48             | 0.92                       |
| 13                  | 3,120            | 52             | 1                          |



## Risks and Possible Complications

from not getting enough dialysis:

- Fluid overload. Too much fluid can cause shortness of breath and possible hospitalization.
- Severe cramping and hypotension at next treatment because extra fluid will have to be removed.
- Missing injected medications can worsen anemia and bone disease.
- High potassium can cause heart problems, including irregular heartbeat, heart attack, and/or death.
- High blood pressure can cause a stroke which can lead to permanent disability and/or death.

To file a grievance please contact the Heartland Kidney Network at: **Heartland Kidney Network, 7306 NW Tiffany Springs Pkwy, Suite 230, Kansas City, MO 64153**

**Toll-free Patient Line (800)444-9965 • [net12@nw12.esrd.net](mailto:net12@nw12.esrd.net) • [heartlandkidney.org](http://heartlandkidney.org)**

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