

End Stage Renal Disease

End Stage Renal Disease happens when the kidney functions at about 10 percent, and cannot remove waste or excess fluid from the body.

Symptoms include:

- Confusion
- Difficulty concentrating
- Fatigue
- Loss of appetite
- Nausea
- Vomiting
- Weakness

Every day you must:

1. Take your medication as prescribed.
2. Go to dialysis as directed.
3. Watch your salt intake.
4. Weigh yourself daily.

Which zone are you in today?

Green Zone (All Clear)

- No pain
- No shortness of breath
- No swelling
- Urinating without problems

Green Zone indicates:

Your symptoms are under control, keep taking your medications, keep weighing, eat small frequent meals, keep all doctor and dialysis appointments.

Yellow Zone (Caution)

- Change in blood pressure
- Nausea and vomiting
- Poor appetite
- Poor urine output
- Shortness of breath
- Swelling
- Tiredness

Yellow Zone indicates:

Your symptoms may mean your medicine needs adjusting, or weight management. Call your home health nurse, dialysis team or doctor.

Home Health's Office Number:

Doctor's Phone Number:

Dialysis's Phone Number:

Red Zone (Medical Alert)

- Breathing faster
- Chills
- Faster heart rate
- Fatigued
- Fever
- Increase swelling and pain
- Unable to urinate at all

Red Zone indicates:

Call your doctor right away. If they can't be contacted call 911.

Physician's Name:

Physician's Phone Number: