

DIALYSIS

Restoring Rhythm of Life

What is Dialysis?

Dialysis is a treatment that **removes waste, toxins, and extra fluid** from the blood when the kidneys are no longer able to do so effectively.

When is Dialysis Needed?

Dialysis is usually started when:

- You have **end-stage kidney failure (ESKD)** or advanced chronic kidney disease (CKD)
- Kidneys function at **10–15% or less**
- You experience symptoms like swelling, fatigue, or dangerous blood test results

What Does Dialysis Do?

- Filters blood to remove toxins
- Balances electrolytes (sodium, potassium, etc.)
- Removes excess fluid
- Helps control blood pressure

Common Questions

Is dialysis a cure?

No. Dialysis **replaces kidney function**, but doesn't cure kidney disease.

Can I live a normal life on dialysis?

Yes! With proper care, many people on dialysis work, travel, and stay active.

Will I need dialysis forever?

It depends. Some may need dialysis **long-term**, while others might qualify for a **kidney transplant**.

Living Well on Dialysis



Follow a kidney-friendly diet



Manage fluid intake



Take prescribed medications



Stay active and positive

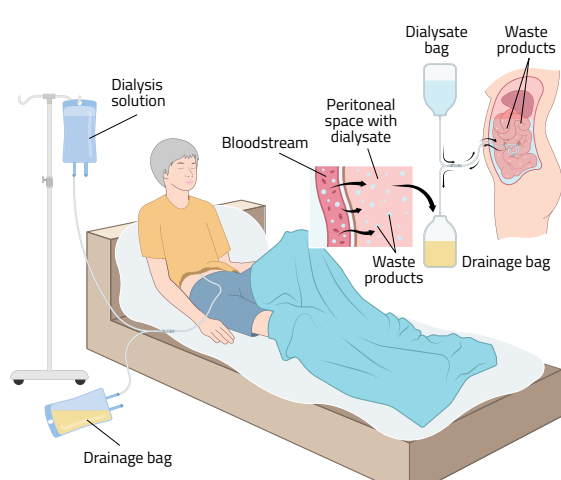
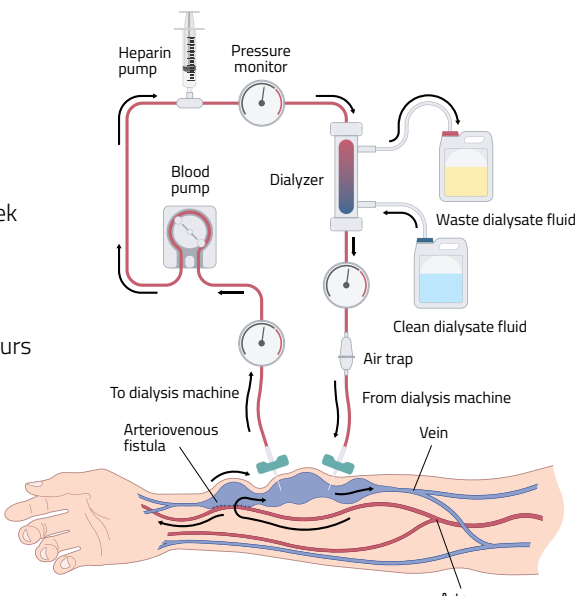


Attend dialysis sessions consistently

TYPES OF DIALYSIS

Hemodialysis

- Blood is filtered through a dialysis machine
- Usually done 3 times a week at a dialysis center
- Requires a vascular access (fistula, graft, or catheter)
- Each session takes 3–5 hours



Peritoneal Dialysis

- Uses the lining of your abdomen (peritoneum) to clean blood
- Dialysis fluid is placed into the belly through a soft tube
- Can be done at home, daily or nightly
- Offers more flexibility and gentler filtering

Clinic Operating Hours

Monday – Friday | 8:30am to 5:00pm
Saturday | 8:30am to 1:00pm
Sunday and Public Holidays | Closed



Make an Appointment



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