

- the psychologist will offer you a time to listen, reflect and support you in dealing with the disease and can also meet with your family.
- the dietician will help you with your nutritional difficulties.
- the pain management in our dialysis unit: the entire team is aware of pain management and works together for your well-being by implementing the techniques best suited to your needs (medication, hypnosis, massage, distraction, etc.)

Holidays

You can continue your treatment in another center if you wish to go on holiday or during any trip (family, professional). To do this, you just need to inform us of your project sufficiently in advance to allow our holiday nurse coordinator to take all the necessary steps and after medical approval, to take charge of the holiday centre.

Transplantation

If you wish and if you meet the criteria, you may be eligible for a kidney transplant.

Your nephrologist assesses your health and a pre-transplant assessment is prescribed. This includes all the examinations necessary for inclusion on the transplant list.

A nurse specialised in transplant follow-up will coordinate the pre-transplant assessment and will act as a link between you, the doctors and the transplant centre.

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Head manager = KRANZ Alexander : +352-2468-3820
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Dr. Bellucci : +352- 2468-3927
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Dr. Hadji : +352 - 2888- 6452
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Dr. Scheifer: +352-2888-6447
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If the dialysis service of Zitha location is not open, you can contact +352-2888-1. The centre will forward your call to the doctor on duty: Dr Bellucci/Dr Hadji/Dr Scheifer.
or you can call the Hospital Kirchberg's unite of néphrology (unit 5B) on 2468-6520 (available 24 hours a day, 7 days a week).

USEFUL LINKS

www.hopitauxschuman.lu
www.acteurdemasante.lu/maladies-renaies , dedicated to patients suffering from a kidney disease.



WELCOME TO OUR HEMODIALYSIS DEPARTMENT ON ZITHA LOCATION OF THE HRS.

Here are some useful information to help you with your upcoming treatment.

What is hemodialysis?

The blood is purified through a filter thanks to a generator: a large number of toxins (urea, creatinine, potassium, phosphorus....) are then eliminated.

The excess water and salt you have accumulated is also removed.

Hemodialysis requires a vascular approach that allows sufficient blood flow.

This access can be obtained either by:

1. an arteriovenous fistula (cf. Appendix sheet: The arteriovenous fistula or AVF)
2. a venous catheter placed in the neck (see Appendix: The Catheter or KT)

When you arrive for your dialysis session

You can leave your personal belongings (except valuable objects) in the dressing room.

It is recommended you wear clothing suitable for care depending on your vascular approach, i.e.

- loose sleeves around the arm where lies the fistula
- a shirt with an easy opening if you have a catheter.

You are asked to rub your hands with a hydro alcoholic liquid before entering in the dialysis room.

A bell is at your disposal to announce your arrival and a nurse will pick you up at the time of your scheduled treatment time.

You will be weighed at the entrance to the room without shoes, jacket and accessories.

During your dialysis session

The monitoring of the session is done by nurses and a medical presence is ensured at each session.

For your information:

- Basic blood tests are taken every 15 days; HIV, Hepatitis, Covid-19 regularly.
- Please bring any prescriptions written by other doctors in order to harmonise your treatment.

Your occupations during the session:

- You will be provided with a television and a set of headphones which you will bring back at each session.
- You can also bring your computer, tablet, etc. An internet code valid for one week can be given to you if you ask for it.
- You can also rest, sleep, listen to music, read, etc.
- We can offer you sports with a bicycle adapted to the bed or chair.



Organisation of the unit and timetable

We welcome patients to our hemodialysis centre for their three weekly sessions:

**Monday-Wednesday-Friday
or Tuesday-Thursday-Saturday**

- 1st round from 06 am
- 2nd round from 11.15 am
- 3rd round from 04.15 pm

Transport

Transport for dialysis sessions is covered at 100% by the CNS.

The mode of transport is a medical prescription that depends on your state of health:

- Ambulance: according to your needs.
- Taxi: You can choose your own taxi company from the list provided by the CNS.
- Personal vehicle: this mode of transport is however not recommended due to the fatigue that you may feel after the session.

Your help

The announcement of kidney disease and the start of hemodialysis are difficult events that can disrupt personal life. With hemodialysis, you have to adapt to a new rhythm of life and create new habits.

Ask the nursing team for an appointment or make an appointment directly by phone:

- the Therapeutic Education Nurse or the Kidney Disease Clinic (CMR) will answer your questions on "How to live better with your disease on a daily basis". The social worker will accompany you and inform you about administrative and social procedures.