

KIDNEY FAILURE—TREATMENT

How is kidney failure treated?

Dialysis & kidney transplantation are the two options for treating kidney failure

If the cause of kidney failure is known that cause also must be treated along with treatment of kidney failure. Patients with high blood pressure (BP) & high blood sugars should take to take their medications. This is essential to slow down the progression of kidney failure.

What is dialysis?

The function of the kidney is to purify blood. In Kidney failure, the kidneys are not able to this job. Hence help from a machine is need which will purify the blood. This is dialysis. In hemodialysis, the blood is allowed to flow slowly, through a special filter that removes wastes & extra fluids. The clean blood is then returned back into the body.

How frequently is dialysis done?

Hemodialysis treatments are usually done 2 to 3 times a week & takes from 2 to 6 hours for each session.

How much percentage of kidney function has to be damaged before a patient needs dialysis?

A person can survive normally with only one kidney or 50% kidney function (e.g. people who have donated one kidney to somebody else). A destruction of 70% kidney will cause a rise in creatinine but still the kidney has

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enough function that the patient does not need any dialysis. Once more than 80% of kidney is damaged, the person will need dialysis to survive.

What is AV Fistula?

Before starting regular hemodialysis, a site needs to be prepared from where the blood can be removed, cleansed & then returned into the body. This is called the vascular access. It is done by surgically joining an artery to a vein (*Arterio-venous fistula*).

Can the dialysis be started immediately after fistula surgery?

No, time needs to be given for the fistula to "Mature". This takes around 4-6 weeks but sometimes longer. Once the fistula matures it can be used for dialysis.

What is kidney transplant?

In kidney transplantation, a single kidney of another healthy person is removed & placed into the body of the person suffering from kidney failure.

What is the success rate for renal transplantation?

About 90 percent of transplanted kidneys are functioning at the end of one year. Between 3 to 5% of these kidneys stop working each year after that.

What is the most important thing about kidney failure?

Patients & their relatives should remember that kidney failure is not a death sentence. Patient will have to go to hospital frequently, & they will need a lot of mental & psychological support. If proper treatment & advice is followed, these patients can still lead a productive life. It is of utmost importance that patient adhere to the prescribed diet & ensure that their Blood pressure & sugars are under control.

DIET MODIFICATION IN RENAL FAILURE

Water/Fluid Intake

Fluids refer to all drinks taken per day. Most patients will be instructed to restrict their fluid intake to 1.5 to 2 liters per day. This is especially true if the patient is already on dialysis.

Sodium (Salt) Restrictions

Excess salt causes high blood pressure & water retention. Many blood pressure tablets only work properly if combined with a reduced salt intake. Patients are instructed to AVOID

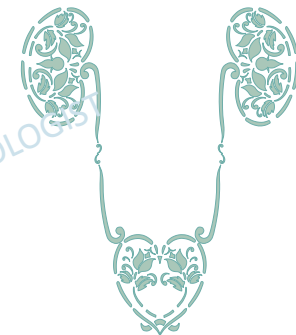
- Adding salt to food after cooking.
- Canned vegetables, "fast" foods, pizzas, pickles & papads, soya sauce, & most Chinese foods (high sodium content)

Protein Restriction

Patients with kidney failure are instructed to maintain low protein intake (0.5-0.6 kg/day).

Potassium Restriction

High amount of potassium is found in dry fruits & nuts, banana, fruit juices & squash tender coconut water & citrus fruits. AVOID these.



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