

# WHY AM I COLD?

To file a grievance about the care you are receiving at your dialysis or transplant facility contact Network 15:

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***REASONS WHY YOU MAY FEEL COLD AND  
WAYS TO KEEP WARM WHILE ON DIALYSIS***

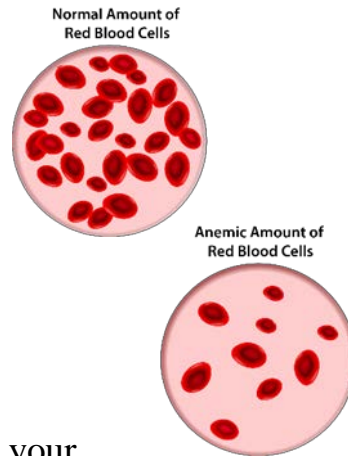


***ESRD Network 15***

# REASONS YOU MAY FEEL COLD

## ANEMIA

Most kidney patients have anemia. Anemia occurs when your body cannot make enough red blood cells. When you have a low red blood cell count, or anemia, feeling cold is a very common side effect.



## ACCESS EXPOSURE

For safety reasons, you must always keep your vascular access site (fistula, graft, or catheter) visible to staff, allowing them to be sure your needle has not come out.

## FACILITY TEMPERATURE

The Centers for Medicare & Medicaid Services (CMS) requires that dialysis facilities maintain a temperature that is comfortable to the **majority** of patients. Check with your facility regarding its standard temperature range.

## TREATMENT TEMPERATURE

During dialysis your blood cools when it is being cleaned by the dialysis machine because it is outside of your body.

Providing a comfortable treatment environment is a high priority. Your dialysis treatment staff is committed to providing you with the best care possible in a manner that is safe and within the guidelines of the federal regulations.

### *Here are some ways you can stay warm during dialysis treatment.*

- Wear warm clothing
- Snuggle under a blanket
- Wear a hat to help prevent heat from escaping from the top of your head
- Wear warm socks or even gloves
- Request to be seated in a chair that is not under an air conditioning vent  
*(This is not always possible, but staff will do their best to ensure you're comfortable)*

**If you bundle up, remember that staff must be able to see your fistula, graft, or catheter at all times. This allows them to be sure your needle has not come out.**

- Cut a hole in the sleeve of your "treatment" sweater
- Buy special clothing made for dialysis patients
- Discuss home-based modality options with staff to see if there is a good option for you to dialyze in the comfort of your home

**If you are having chills, please notify your treatment staff right away so they can evaluate you for a possible infection.**