

Don't Skip—Know the Facts

Shortening or skipping hemodialysis treatments can lead to hospitalization and/or a shortened lifespan.

- Shortening every treatment 15–20 minutes for a year = 12 missed treatments = missing an entire month of treatment.*
- Shortening three treatments in a month by ≥ 10 minutes may cause a 20% higher risk of death in two years.
- Skipping one or more dialysis sessions in a month for one year may cause a 25% higher risk of death in two years.¹
- To avoid missing valuable treatment time, commit to your full prescribed session, show up on time, avoid leaving early, and discuss any scheduling or transportation issues with your care team.

Missing Dialysis Minutes Add Up You Don't Have to Miss a Whole Treatment for It to Matter	
Minutes Missed Each Treatment for a Year	Total Missed Treatments Each Year*
10 minutes	7
30 minutes	20–22

*Based on a hemodialysis prescription of 3.5 to 4 hours, three times per week.

Research Shows the Day You Missed Treatment Matters ²			
If You Miss This Day One Time		Risk of Being Admitted to the Hospital Within a Week	Chance of Dying Within a Week
On a M/W/F schedule:	On a T/Th/S schedule:		
Monday <i>with</i> rescheduling	Tuesday <i>with</i> rescheduling	96%	8.3%
Wednesday or Friday without rescheduling	Thursday or Saturday without rescheduling	51%	4.9%

What to Expect When You Skip a Dialysis Treatment

When you do not show up for treatment and do not call, the following can occur:

- Someone from your dialysis facility will call you at home to see why you are not attending that day, explain the importance of coming, and offer to reschedule your treatment if the facility has availability.
- If you do not reschedule, the nurse will confirm your understanding of the risks and potential consequences of skipping treatment.
- The dialysis nurse will inform your kidney doctor of your decision and document in your chart the actions that were taken and the advice they provided to you.
- If the dialysis nurse or another facility staff member cannot get in contact with you, and you are not hospitalized, the police may check on you at home to ensure you are safe.
- A dialysis staff member may have a face-to-face discussion with you about your recent absence during your next dialysis treatment.
- Not attending dialysis routinely can lead to hospitalizations, shortened life expectancy, poor quality of life, and loss of your regularly scheduled dialysis treatment spot.

Sources:

1. Leggat JE Jr, Orzol SM, Hulbert-Shearon TE, Golper TA, Jones CA, Held PJ, Port FK. Noncompliance in hemodialysis: predictors and survival analysis. *Am J Kidney Dis.* 1998; Jul 32(1):139–45. doi: 10.1053/ajkd.1998.v32.pm9669435. PMID: 9669435.
2. Fotheringham J, Smith MT, Froissart M, Kronenberg F, Stenvinkel P, et al. Hospitalization and mortality following non-attendance for hemodialysis according to dialysis day of the week: a European cohort study. *BMC Nephrol.* 2020; Jun 9:21(1):218. doi: 10.1186/s12882-020-01874-x. PMID: 32517695; PMCID: PMC7285433.

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