

Keep Comfortable on Dialysis

Ideas for People on Dialysis

Sometimes pain is a challenge while on dialysis. Here are ideas to help promote comfort and ease pain. Try them before moving to medication. Remember, YOU play a key role in your treatment plan, so work with your healthcare team to find what works best for you.



Comfort Items for Dialysis

Remember to bring items that add to your comfort with you to dialysis:

- Favorite pillow
- Warm blanket
- Mini fan
- Warm, comfy socks
- Hard candy
- Scarf, gloves, or beanie cap
- Favorite magazine, crossword, Sudoku or book
- iPad, Kindle or tablet
- Light snacks
- Small water bottle



Personal Care Items

Don't forget these basic care items:

- Lip balm
- Lotion
- Hair ties
- Glasses
- Eye drops
- Ear plugs
- Kleenex
- A warm pack
- Headphones for TV or electronic device
- Back scratcher
- Exercise squeeze ball



Comfort Actions at Home

Reduce pain at home by:

- Trying range of motion exercises
- Doing yoga/Tai Chi
- Reading
- Watching a movie or TV
- Listening to music
- Walking
- Writing in your journal
- Taking a warm bath or shower—if you have a long-term catheter; be sure to keep it dry!
- Drinking a small cup of chamomile tea



Relaxation Techniques

Try to relax by:

- Meditating or praying
- Stretching
- Using aromatherapy
- Wearing ear plugs or noise-cancelling headphones
- Wearing an eye mask
- Squeezing a stress ball
- Visiting with friends or family
- Getting a massage
- Talking to your religious counselor
- Using a meditation app on an electronic device



Medication

Discuss these important medication-related issues with your healthcare team:

- Comfort and pain goals
- Current medications, side effects and allergies to ensure a safe and effective medication routine
- Possible use of Tylenol
- Using a skin ointment, if cannulation is very painful