

Renal Services

Advice for Diabetic patients on Haemodialysis

Introduction

Diabetes is one of the main causes of kidney failure. This is due to damage of the blood vessels from poorly controlled blood glucose levels over several years.

One of the treatments for kidney failure is **haemodialysis**. This is where a machine is used to clean your blood of poisons and fluid that your kidneys would usually get rid of.

What happens to my blood glucose level on dialysis?

During dialysis, your blood glucose level may fall which may cause you to feel unwell or have a 'hypo' where you could experience confusion, sweating or disorientation.

What will the staff do?

Your blood sugar will be checked on starting dialysis each session and within the last 30 minutes. If necessary it will be checked more frequently depending on the results.

The staff will treat the 'hypo' should it happen.

The solution used for dialysis has a small amount of glucose in it to help prevent your glucose level from going too low.

What can I do to help myself?

It is important that you have a meal before coming for dialysis. Please bring a snack to be eaten within the first hour of dialysis such as:

- Sandwiches
- Maize snacks, for example, Wotsits, Skips, Monster Munch, Quavers, Tortilla chips, Nik Naks, Wheat Crunchies
- Plain biscuits, for example, Rich tea, Digestives, Hobnobs, Marie, plain sponge, cream crackers

Please be aware that the Renal Unit is an outpatient department and is unable to provide you with snacks. These need to be brought in with you or purchased in the shop in the main entrance.

If you would usually carry dextrose tablets or Hypo Stop gel in case of 'hypos,' please



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bring them with you. The staff will advise you on taking these.

Continue with your usual medication for your diabetes. Try to keep your blood glucose level between about 5-7mmols.

Please inform the staff in the Renal Unit when attending for dialysis if you are having problems with your blood sugar levels at home.

If necessary contact the Diabetic Liaison Sisters based at Wisdem Centre, University Hospital, between 9.00am and 5.00 pm.

Telephone: 024 7696 6057 or 024 7696 5978

Please attend all your clinic appointments, and make sure you have your annual review for your diabetes either with your GP or Diabetic Consultant.

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 7777 and we will do our best to meet your needs.

The Trust operates a smoke free policy

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