

P. D. HINDUJA HOSPITAL
& MEDICAL RESEARCH CENTRE



DEPARTMENT OF DIALYSIS

SERVICES:

- Hemodialysis • Peritoneal Dialysis • Haemoperfusion • Plasma Pheresis • Nocturnal Hemodialysis
- Slow Low Efficiency Dialysis

HIGHLIGHTS:

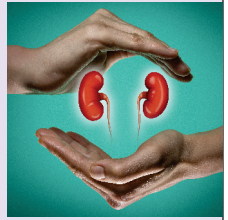
Located on Ground Floor of OPD Building,
Wing No.: 3, 12 beds and 2 chairs for dialysis

Department running for 16 hours a day in
4 batches starting from 6.30 am.

WHAT IS DIALYSIS?

Dialysis is a treatment that filters and purifies the blood using a machine to keep your fluids and electrolytes in balance when the kidneys can't do their job due to disease or injury.

Properly functioning kidneys prevent extra water, waste, and other impurities from accumulating in your body hence controlling blood pressure. Normal kidneys also regulate the levels of sodium and potassium and vitamin D.



There are two main types of dialysis :

1 Hemodialysis is the most common type of dialysis. This process uses an artificial kidney (hemodialyzer) to remove waste and extra fluid from the blood. The blood is removed from the body and filtered through the artificial kidney and then returned to the body with the help of a dialysis machine.

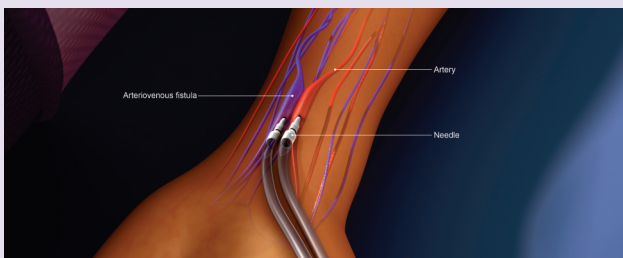
Hemodialysis session usually last 3-4 hours and is performed three times per week.

2 Peritoneal dialysis involves surgery to implant a peritoneal dialysis catheter into your abdomen. During treatment, a special fluid called dialysate flows into the peritoneum. The dialysate absorbs waste. Once the dialysate draws waste out of the bloodstream, it's drained from your abdomen.

This process takes a few hours and needs to be repeated four times per day.

HOW TO TAKE CARE OF VASCULAR ACCESS?

To get the blood to flow to the artificial kidney, a vascular surgeon will perform a surgery to create an entrance point (vascular access) into your blood vessels. This could be a temporary catheter or permanent catheter (permacath) done in the DSA Department.



You should be able to return home the same day. The Vascular Access is healed and ready to begin hemodialysis two to three months after the surgery.

- The hemodialysis catheter should be handled by the dialysis personnel only.
- Do not apply pressure on the fistula i.e. Avoid lifting weight, sleeping over the affected arm, wearing wrist watch / bangles on the affected arm.
- Check the fistula for thrill or bruit every day. If found absent, come to the hospital as soon as possible.
- In case of hematoma, apply 'thrombophob' gel or ointment on the next day of hemodialysis.
- To maintain skin smoothness at the fistula site, apply cold cream or petroleum jelly on non-dialysis days.
- While taking a wash or bath, don't wet catheter dressing. If it gets wet, arrange for change of dressing.

POSSIBLE SIDE - EFFECTS OF DIALYSIS

Potential side effects of Hemodialysis include:

- Hypotension
- Cramps
- Nausea or vomiting
- Accidental removal of catheter, blockage of catheter
- Anaemia
- Difficulty sleeping

Potential side effects of Peritoneal Dialysis include:

- Increased risk for infections in or around the catheter site
- Weakening of abdominal muscles
- High Blood sugar
- Weight gain
- Hernia
- Fever

'First use syndrome' is a rare condition that occurs when the dialyser is used for the first time, causing sudden onset of chest pain and severe breathlessness,

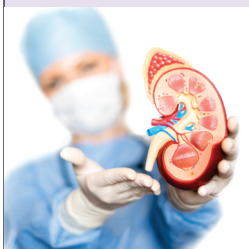
HOW IS INFECTION CONTROL ENSURED IN THE DIALYSIS UNIT?

After every batch, the bed linen are changed and surface disinfection is done.

For maximizing safety in COVID times, patients are given masks and protective eyewear for reuse.

DIET DO'S AND DON'TS

FOOD	CAN EAT	TO AVOID
Fluids	Dal, Kadhi, Tea, Gravy Vegetables	Coconut Water, Juices, Soups, Sherbets, Ice-cream, Coffee
Cereals & Pulses	Whole Wheat Products, Rice Products, Dals Without Skin	Jowar, Bajra, Ragi, Barley, Corn, Oats, Pulses And Dals With Skin, Sprouts.
Milk Products	Milk, Curds, Paneer, Buttermilk,	Khoa, Cheese
Non – Veg	Egg Whites, Lean Meats, Fish, Chicken	Dry Or Salted Fish, Organ Meat
Fruits	Apple, Pear, Pineapple, Jamun, Tomato	Banana, Chikoo, Grapes, Mango, Custard Apple, Jackfruit, Papaya, Guava, Orange Etc.
Vegetables	Dudhi, Parwar, Tinda, Turai, Cucumber, Cabbage, Capsicum, Carrot, Methi	Beans, Green Leafy and Root Vegetables
Other	Iodized Salt	Sindhav, Lite Salt, Nuts, Oilseeds, Bakery, Honey, Sugar, Packaged Items, Jaggery, Fried Items



WHAT ARE THE ALTERNATIVES AVAILABLE FOR DIALYSIS?

A kidney transplant is an option for some patients. You might be a good candidate for a kidney transplant depending on your clinical condition. Hinduja Hospital has an active renal transplant program with approximately 60 transplants being performed every year.

Transplants from living donors, swap donors, cadaver donors, domino donor transplants are performed successfully at Hinduja Hospital.

Kindly consult our transplant coordinator on 022 2444 7350 / 7351 for further details.

WHAT IF DIALYSIS IS STOPPED?

Without dialysis, toxins build up in the blood, causing a condition called uraemia. As the toxins build up, a person may experience certain physical and emotional changes like:

- Loss of appetite and fluid overload
- Sleeping most of the day
- Restlessness
- Disorientation, confusion and failure to recognize familiar faces
- Changes in breathing pattern

While it's in your right to stop any treatment at any time, we suggest you to speak to a health professional before ending this life-saving treatment.

COST OF DIALYSIS*

- For current charges, kindly inquire in the Dialysis Department
- Dialyzer and tubing are charged additionally
- A refundable security deposit is mandatory before initiating the first dialysis

(Kindly retain the original receipt to claim the same)

HOW TO MAKE PAYMENTS?

- Weekly / daily / monthly as per patient's convenience at the Hospital's OPD billing counter.
- Cheque, cash and cashless / insurance (TPA) payment options are available.

HOW TO BOOK AN APPOINTMENT FOR NEW PATIENTS?

- Take an OPD appointment with one of our nephrology consultants
- Depending on the clinical condition, the frequency of dialysis will be dictated by the consultant. As a protocol, hemodialysis is done for a minimum 3 times a week.
- Depending on availability of slots, patient can choose a batch and a day for dialysis.

HOW TO CHANGE THE ALLOTTED BATCH FOR DIALYSIS?

- In case a patient needs to reschedule their dialysis due to certain reasons, please contact the dialysis department asking for the same.
- Depending on the availability of a free slot, the request can be considered.
- Although, we advise patients to come on time to avoid inconvenience to other patients.

CONTACT FOR DIALYSIS RELATED CONCERNS

Consultant's Appointment

Ms. Vaishali (Secretary) Dialysis Department
022 2444 7230 022 2444 7051 / 7052

Email : dialysis@hindujahospital.com

OUR DIALYSIS TEAM

Our Ace Consultants



Dr. Alan Almeida



Dr. Rasika Sirsat



Dr. Jatin Kothari



Dr. Ayan Dey



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