

First dialysis: prep checklist

First in-center dialysis appointment. Use this to pack the bag and set the routine that will repeat 3 times a week.

FIRST-DAY BAG

- Access-friendly long-sleeve top
- Soft pull-on pants
- Slip-on shoes
- Warm fleece or hoodie
- Fingerless gloves
- Tablet with downloaded entertainment
- Phone charger (long cord)
- Noise-canceling earbuds
- Small personal pillow
- Renal-friendly snacks
- Small water bottle
- Lip balm
- Medical alert bracelet or card
- Updated medication list
- Insurance card

PRE-TREATMENT ROUTINE

- Eat lightly 2-3 hours before
- Hydrate within fluid restriction limits
- Take prescribed pre-treatment meds
- Confirm the driver (first dialysis is not a solo drive home)

ESTABLISHING THE ROTATION

TREATMENT DAYS AND TIMES

CLINIC NAME AND PHONE

NEPHROLOGIST NAME AND PHONE

SCHEDULE FOR THE NEXT 4 WEEKS (WRITE ON A CALENDAR)

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