



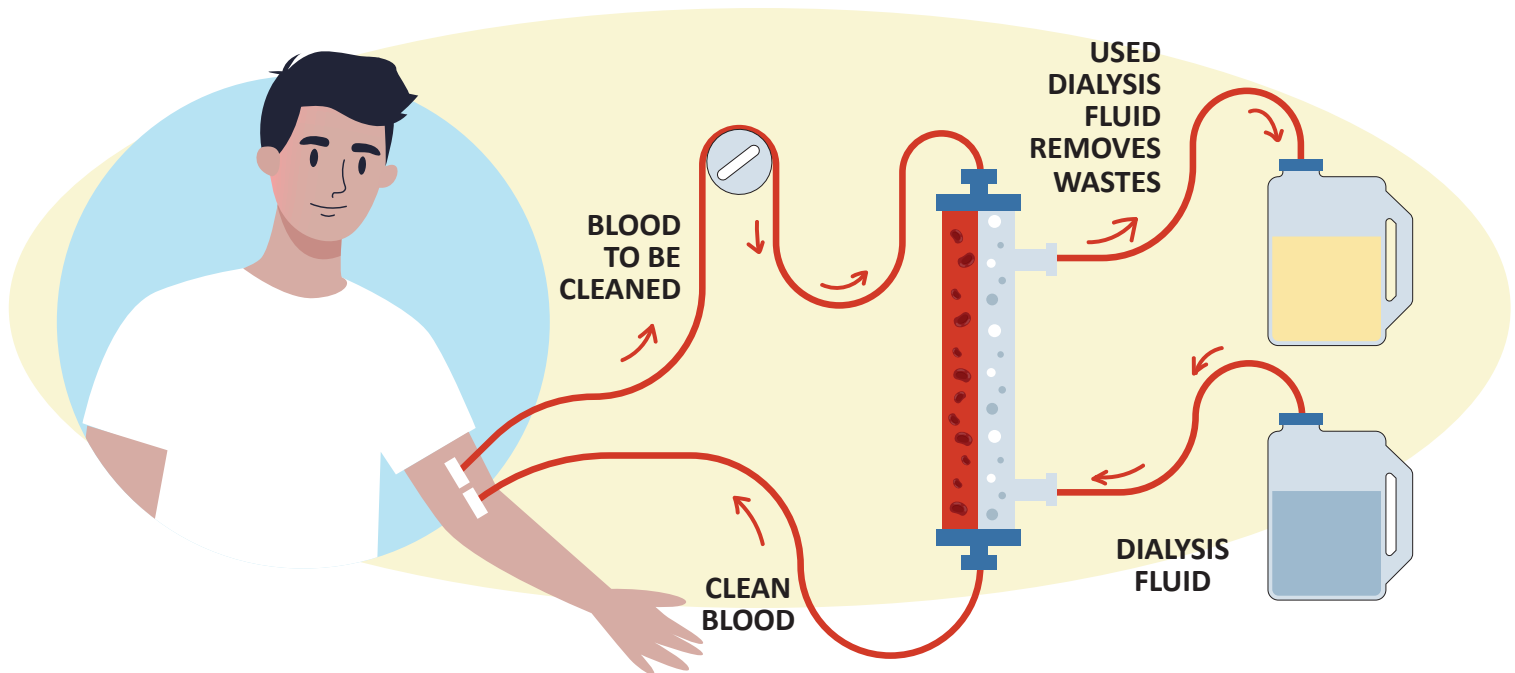
Stay on Track



On Dialysis and Still Making Urine?

Why You Still Need Dialysis

It's normal to still make urine, even if you're on dialysis. Here's why:



Dialysis removes waste products that are toxic to your body—not just fluid.

- Your body makes waste products from the things you eat and the activities you do.
- Healthy kidneys remove extra fluid and waste products that, if allowed to build up, are toxic to your body.
- When your kidneys are not working, they do not properly filter those waste products or extra fluid, making dialysis necessary to prevent you from becoming sick.

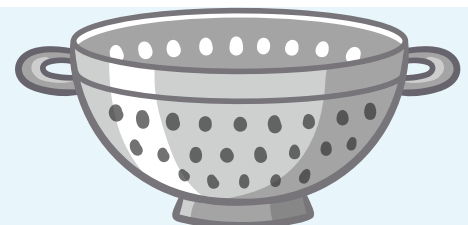
Making urine doesn't mean your blood is clean.

- Dialysis becomes necessary when the kidneys can no longer properly filter toxins and excess fluid, even if urine is still being made.
- Dialysis helps remove what damaged kidneys cannot.

You will notice that you start making less urine or none at all over time.

- As your kidney disease gets worse, you will make less urine. Some folks do not make any urine at all.
- Dialysis replaces the job of your kidneys cleaning and balancing your body.

Imagine your kidneys are like a colander used to rinse fruits and veggies of dirt and chemicals. Water still passes through (just like you still make urine), but if the holes get clogged or damaged, dirt and debris (toxins and waste) stay behind. Just because you're still urinating, it doesn't mean your blood is getting cleaned—dialysis steps in to do that job.



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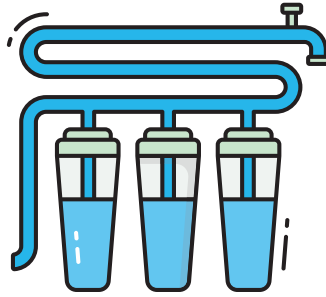
What Dialysis Does for You

- Removes toxins (like urea)
- Balances electrolytes (like potassium)
- Removes the extra fluid your body does not need

Think of your blood like a stream that flows through your body. Healthy kidneys act like filters, keeping the water balanced and clean.

If those “filters” are broken, debris/toxins and fluid build up in that “stream.”

Dialysis is like a water treatment system—it helps keep your blood clean, balanced, and flowing smoothly, even if your kidneys can’t.



Why You Should Not Skip Treatments

Missing treatments let harmful toxins and extra fluid in your blood which can cause:

- Nausea
- Vomiting
- Heart problems
- Tiredness or confusion

Even if you’re still making urine, it doesn’t mean that all the toxins and fluid are being removed. Skipping dialysis lets those toxins and extra fluid stay in your blood, which can be harmful. Skipping treatment may not cause immediate symptoms, but it can lead to serious health issues over time.

How to Stay on Track

- Go to every dialysis treatment.
- Talk to your care team.
- Stick with your fluid and food plans to stay healthy.

Every treatment helps you stay strong and live your best life. Staying on schedule means more energy, better health, and the chance to do the things you love.

Resources with more information:

National Kidney Foundation (Kidney.org)

- *Kidney Health: Patient and Family Resources* bit.ly/4aNK2IC
- *Kidney Topics: Patient Education Library Brochures* bit.ly/4jLtPkP

American Association of Kidney Patients (AAKP.org) - Center for Patient Research and Education

- *Educational Brochures and Resources* bit.ly/3CQfYcm

IPRO End-Stage Renal Disease Network (esrd.ipro.org):

- “Don’t Miss a Minute” flyer: bit.ly/41wFKuO



End-Stage Renal Disease
Network Program

For more information or to file a grievance, please contact us:

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