

What's Your EXCUSE

The dialysis facility is just trying to make money off me.

FACT: Facilities receive a flat rate per dialysis session (up to 3 per week) that includes medications and treatment time—no extra payment for meds or minutes.

It's uncomfortable sitting so long.

SUGGESTIONS:

- Bring a cushion to sit on or reposition.
- Ask your nurse or nephrologist about light chair exercises.



I'm COLD.

SUGGESTIONS:

- Bring a sweater or blanket, dress in layers, mittens if your hands get cold. Some of these items are heated by batteries.
- Find out if you are anemic. This can make you cold.

I feel worse when I do dialysis/I feel better when I don't.

FACT: In-center dialysis does in 3–4 hours what kidneys do in 24 hours. Longer, more frequent treatments are gentler on your body. Home dialysis is even gentler. Skipping or shortening dialysis causes more problems.



I don't like the people here.

SUGGESTIONS:

- Take a nap, watch tv.
- Consider home dialysis. It's more flexible, has a more liberal diet, and limits the need to be around others.

I hate needles.

SUGGESTIONS:

- Listen to YouTube for needle fear and breathing tips.
- Use Emla cream to numb the site (available at drugstores).
- Try Peritoneal Dialysis—no needles, fewer diet limits, and some done during sleep.

It's too noisy.

SUGGESTIONS:

- Wear noise canceling headphones
- Listen to relaxing music.



I have other things to do.

SUGGESTIONS:

- Prioritize your health to feel better and manage other tasks.
- Talk to your team—they may adjust your schedule or offer resources or support.

I'm BORED.

SUGGESTIONS:

- Practice emergency take-off procedures.
- Ask to learn how to run your machine, self-cannulate.
- Check out the [Passing Time](#) resource.
- Listen to an podcast or music.
- Write a letter or a to-do list for later.