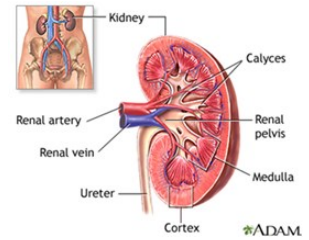


## End-stage kidney disease

End-Stage Kidney Disease (ESRD) is when the kidneys function cease on permanent basis and is need it the dialysis treatment (treatment to help filter the blood) or a kidney transplant to survive. This disease usually occurs after long-term kidney disease.



### What are the signs and symptoms of ESRD?

You may have any of the following symptoms:

- Swelling of the hands, ankles, or feet
- Fatigue sleepiness or weakness
- Nausea, vomiting, or lack of appetite
- Constipation
- Itchy skin
- Muscle cramps or uncontrollable leg movements
- Bone pain
- Shortness of breath or chest pain
- Susceptibility to bruising, nosebleeds, or blood in the stool

### What is the ESRD diagnosis and treatment?

Blood tests will show how well your kidneys are working and if you have other health conditions caused by ESRD. People with this condition may need the following treatments:

- Dialysis (treatment to help filter the blood)
- Medicines
- Kidney Transplant

### What care should you have?

- Keep track of your health conditions.
- Eat foods low in sodium, phosphorus, and potassium, as recommended by your health care provider.
- Keep a healthy weight.
- Be physically active, as recommended by your health care provider.
- Restrict alcohol consumption.
- Do not smoke.
- Ask your health care provider if you need to be vaccinated.

### How can you manage your condition?

- **Protect your dialysis access site.** Do not allow anyone to take blood samples or take a blood pressure reading from the arm where you have the arteriovenous fistula (access created to join an artery and vein under the skin of the arm) or the artificial bridge. Cover your peritoneal catheter with a bandage and avoid touching the catheter.
- **Limit fluid intake to 1 liter per day (about 34 ounces),** or as directed by your health care provider. This can help you control swelling between dialysis appointment intervals.
- **Eat healthy.** Weigh yourself every day at the same time. Use the same scale and amount of clothes. Record your weight and bring the record to your follow-up appointments.
- **Do not use anti-inflammatory pain relievers, steroids, or aspirin.** These can increase the risk of bleeding in your stomach.

### When should you contact your health service provider?

Contact your health care provider for more information or counseling on how you and your family can manage the physical and emotional concerns of ESRD. You should also contact your doctor if:

- You urinate less than usual.
- You gain or lose more body weight than your health care provider recommended.
- You are more tired or sleepy.
- Episodes of nausea or vomiting increase.
- You have pain that does not go away, even after taking medicine.
- You have questions or concerns about your condition or care.

### When to seek immediate help or call 9-1-1?

- If you have chest pain or feel short of breath
- If you have a rash or a very painful new wound
- If you have cramps or muscle pain
- If your heart beats faster than normal

If you have any symptoms that you believe require immediate attention, before visiting an emergency room, you can call the Medical Advice Line free of charge at 1-844-347-7801, twenty-four (24) hours a day, seven (7) days of the week. TTY/TDD users should call 1-844-347-7804.

By calling the Medical Advice Line before visiting an emergency room, you will be exempt from paying the copay for services received during your emergency room visit.

### Important

If you are diagnosed with End-Stage Renal Disease, you may benefit from the High Cost-High Needs Program. Through this Program, you may be able to receive all the care you need to meet your health care needs.

Talking with your health care provider about your needs will help you understand the best way to help you manage your health condition.

Your doctor and/or specialist can provide you with information about the benefits of this Program.

### Remember

End-stage kidney disease is when the kidneys function cease on permanent basis and need dialysis treatment (treatment to help filter the blood) or a kidney transplant to survive.

Eat foods low in sodium, phosphorus, and potassium, as recommended by your health care provider. Check with your doctor if you urinate less than usual, if episodes of nausea or vomiting increase, if you have pain that does not go away even after taking medication, and if you have questions or concerns about your condition.

### Social and Emotional Aspect

For tips, tools, and resources on how you and your family can manage the emotional and physical concerns of the condition, please visit your primary care physician, or call the following hotlines:

#### Medical Advice Line

1-844-347-7801

TTY/TDD 1-844-347-7804

#### APS Healthcare

787-641-9133

### References

Recovered from: <https://www.mayoclinic.org/es-es/diseases-conditions/end-stage-renal-disease/symptoms-causes/syc-20354532>

End stage kidney disease. 2018.

<http://aia5.adam.com/content.aspx?productId=117&pid=1&gid=000500>

<https://medlineplus.gov/spanish/ency/article/000500.htm>

Prepared by licensed Health Educators. Revised July 2022. ©First Medical Health Plan, Inc.