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## Dialysis Unit

# Renal services, dialysis

### Introduction

Addenbrooke's Dialysis Centre provides renal replacement therapy for patients in East Anglia offering peritoneal dialysis, unit and home haemodialysis and renal transplantation.

Most renal patients will enter the dialysis programme via the pre-dialysis clinic or during an admission to the ward.

A doctor will discuss with you why your kidneys have failed and why you will need dialysis. Patients with chronic renal failure will need dialysis for life or until a kidney transplant is possible.

### Nephrology Clinic (Renal clinic)

As a patient, you will be referred to the Nephrology Clinics (clinic 12 or 7) by a GP, other hospitals or another medical team within Addenbrooke's for your first appointment. This provides a chance for you to talk with doctors and nurses about kidney failure.

Following this session, regular appointments will be necessary. Your blood results will be checked at every clinic visit. Advice can then be given as to when you will need to see the dietician, be assessed by the anaemia management nurse or start on dialysis therapy.

Once it seems likely that dialysis treatment will be needed, doctors in the clinic will invite you to attend the pre-dialysis education morning to discuss dialysis options and meet the members of the renal multidisciplinary team. You will have the opportunity to look around the haemodialysis unit and talk to patients already undergoing treatment.

### Haemodialysis

Haemodialysis is where your blood is cleaned through an artificial kidney and returned to you. A machine monitors your blood flows. Access to the blood vessels for haemodialysis can be achieved via a plastic catheter into a vein in the neck or a fistula. (Leaflets on catheter and fistula are available and will be given to you when your access is formed).

You will attend the haemodialysis unit from the ward or home and will need two or three treatments per week for three or four hours per session.

The Addenbrooke's Haemodialysis Unit has 25 kidney machine stations. There are also two satellite units, one at King's Lynn with 14 machine stations and the other at West Suffolk Hospital with 12 stations.

## Dialysis day and time

The unit is open Monday to Saturday from 0700 until midnight. The dialysis nurses will advise you of your dialysis sessions and the time of day in which they will take place: this will be morning, afternoon or evening.

## Clothing

For ease of access for haemodialysis treatment, you are advised to wear loose clothing on the fistula arm, or button up shirts / blouse if a neck line is in place.

## Refreshments

Drinks and snacks (sandwiches and toast) are provided whilst you are on dialysis.

## Transport

If possible, you should provide your own transport and park free in the dialysis unit car park. Hospital transport can only be provided if a doctor feels you need it, in which case arrangements will be made.

## Peritoneal dialysis

Peritoneal dialysis uses the natural peritoneal membrane inside your abdomen which acts as a filter. A permanent tube (Tenckhoff catheter) is inserted into your abdomen to allow dialysis fluid to be put in to withdraw the waste products and then drained out. This may be carried out either as CAPD (Continuous Ambulatory Peritoneal Dialysis) or APD (Automatic Peritoneal Dialysis) with a machine overnight. This will be explained more fully at the pre-dialysis clinic.

The aim of the peritoneal dialysis department is to support patients carrying out the peritoneal dialysis at home. There are strong links with ward C5 which is where most admissions take place.

## Training

You will attend the unit for individual teaching on an outpatient basis for up to a week, to become confident in all aspects of performing your own treatment. Home deliveries are then organised for supplies, enabling you to dialyse in your own home.

## Support

Office opening hours are 0830 – 1800 Monday to Friday. Dialysis nurses are available at all times on call for advice to patients via a bleep system. If you choose peritoneal dialysis as your treatment choice, contact details will be given to you during your training. The nurses also do pre-arranged home visits on a regular basis.

## Clinic

You will attend clinic at the peritoneal dialysis unit every one to three months. Please wear appropriate clothing, as described above, for examination on these days. The unit will see patients with problems or queries between clinic visits at any time.

## Wards

**Ward C5** is a mixed sex ward with 33 beds. It is the ward where renal patients are usually admitted if acutely ill, for medical assessment or for problems associated with dialysis. A hospital admission will be necessary to establish access for dialysis. This can be via a Tenckhoff peritoneal dialysis catheter, a fistula or a central venous catheter for haemodialysis.

**Ward C9** is a mixed sex surgical/transplant ward where renal patients are admitted for their transplant operation or other surgical procedures. Before going on the kidney transplant list, you will be assessed carefully by the multidisciplinary transplant team in a specialist clinic.

## Support and information

**AKPA** – Addenbrooke's Kidney Patients Association is our well established patient group with around 600 members from all over East Anglia, including dialysis patients, transplant patients, relatives, friends, nursing and medical staff. We welcome new members and membership forms are available from the Dialysis Centre.

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**For further information call:**

Medical staff secretary	01223 217828
Nursing staff:	
Renal services manager	01223 217826
Senior clinical nurse	01223 217830
CAPD	01223 217822
Home Haemodialysis	01223 217827
C5	01223 217195
C9	01223 217308
Anaemia sister	01223 257194
Pre-dialysis sister	01223 217827
Renal dietician	01223 216655
Renal counsellor	01223 217544
Renal welfare worker	01223 714425

**Philosophy of care**

The renal team has a multidisciplinary approach to care. Our philosophy is to assist people to achieve an optimal level of health and independence based on the specialist knowledge and skills of the staff delivering the care.



We are currently working towards a smoke free site. Smoking is only permitted in the designated smoking areas.

For advice and support in quitting, contact your GP or the free NHS stop smoking helpline on 0800 169 0 169

### Help with this leaflet:



If you would like this information in another language, large print or audio format, please ask the department to contact Patient Information: 01223 216032 or [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

### Polish

Jeżeli chciałbyś uzyskać te informacje w innym języku, w dużej czcionce lub w formacie audio, poproś pracownika oddziału o kontakt z biurem Informacji Pacjenta (Patient Information) pod numerem telefonu: 01223 216032 lub pod adresem [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

### Portuguese

Se precisar desta informação noutra língua, em impressão de letras grandes ou formato áudio, por favor peça ao departamento que contacte a secção de Informação aos Doentes (Patient Information) pelo telefone 01223 216032 ou através do e-mail [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

### Arabic

إذا كنت تود الحصول على هذه المعلومات بلغة أخرى، بالأحرف الكبيرة أو بشكل شريط صوتي، يمكنك أن تطلب من القسم الاتصال بمعلومات المريض على الرقم: 01223216032 أو عبر البريد الإلكتروني: [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

### Cantonese

如您需以另一語言版本、特大字體或錄音形式索取本資料，請要求部門聯絡病人諮詢服務：電話 01223 216032，電郵地址 [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

### Turkish

Eğer bu bilgileri başka bir dilde veya büyük baskılı veya sesli olarak isterseniz, lütfen bulunduğunuz bölümdeki görevlilere söyleyin Hasta Bilgilendirme servisini arasinlar: 01223 216032 veya [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

### Urdu

اگر آپ کو یہ معلومات کسی دیگر زبان میں، بڑے الفاظ میں یا آڈیو طریقہ سے درکار ہوں تو برائے مہربانی اس شعبہ سے پیشینٹ انفارمیشن سے ذیل کے ذریعہ رابطہ کرنے کی درخواست کریں: 01223 216032 یا [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

### Bengali

আপনি যদি এই তথ্য অন্য কোন ভাষায়, বড় অক্ষরে বা অডিও রেকর্ডিং পেতে চান তাহলে 'প্যাশেন্ট ইনফরমেশান' এর সঙ্গে 01223 216032 নম্বরে ফোন করে বা [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk) ঠিকানায় ই-মেইল করে যোগাযোগ করার জন্য ডিপার্টমেন্টটিতে অনুরোধ জানান।

### Document history

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