

Manage Your Time Wisely Around Treatment

Scheduling Activities and Tasks

Your time at your dialysis treatment or doctor appointments is a great opportunity to take care of all the things that are a part of your daily life. Use this time to your advantage.

- Talk to others with kidney disease. They can be a source of strength and support, and they may also be able to give you tips on how to stick with your treatment plan
- Learn about something interesting like a new language or photography
- Bring a sketchbook and practice drawing
- Bring your kidney-friendly cookbook and plan meals for the week
- Strengthen your mind with brainteasers and puzzles
- Bring an audio book and a comfy pillow, and use the time to relax If you rely on spirituality for support, spend some time in prayer
- Laughter is the best medicine! Bring something humorous to read.
- Use the time to make a list of questions for your kidney care team
- Make your to-do list for the week
- Bring your checkbook and stamps, and pay your bills

Dialysis can run up to 4 hours each visit, depending on the clinic. Take advantage of your time there. You may find that the work you do at your health care appointments can make your daily life a little less hectic.

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