



# Why am I cold at dialysis?

→ **Your dialysis access must be uncovered.**

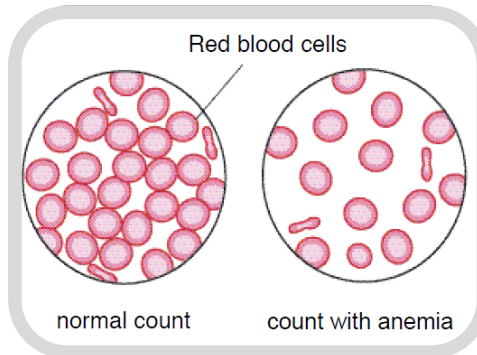
For safety, the needles or catheter need to be easily seen by staff to make sure they have not come out, or that you are not losing blood.



→ **Some of your blood is outside your body.**

While on dialysis about two cups of blood are outside your body. When the blood is outside your body, it becomes cool.

→ **You may have anemia.** People with anemia have fewer red blood cells and low iron levels which can make them feel colder than other people.



→ **You are not moving.**

Since you have to be still during dialysis you may be colder than when you are up and moving.



For more information or to file a grievance please contact the Heartland Kidney Network at:  
920 Main Street, Suite 801, Kansas City, MO 64105  
(800) 444-9965 • net12@nw12.esrd.net • heartlandkidney.org

## What can I do to feel better?



**Bundle up.** Wear warm clothing. Wear a hat, warm socks, a scarf and/or gloves during dialysis.



**Bring an extra blanket.** Make sure to keep it clean between treatments.



**Change your clothing.** Cut a hole in the sleeve of a sweater or buy clothing that is specially made for dialysis.



**Keep busy.** Keep your mind off of being cold by reading a book, writing, coloring or doing a crossword puzzle. Listen to music, watch a movie or surf the internet.



**Check the thermostat.** Ask the clinic manager to adjust the temperature. Community standards range from 72 to 75 degrees Fahrenheit.



**Talk to your doctor.** Share your concerns. There may be other reasons you are cold that can be helped.

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