Why Do I Feel Cold *During Dialysis?*



Skin Exposure

Whatever type of access you have, your access area is exposed during your dialysis treatments. This allows facility staff members to easily view your access area to make sure the needle hasn't come out and that you aren't experiencing any blood loss.

Blood Temperature

The dialysate temperature is usually adjusted to maintain your blood pressure and to keep you stable during your treatments. This may cause a slight drop in your body temperature during treatments.

Blood Outside of Your Body

Depending on the machine and the individual, approximately two cups (one pint) of your blood is cycled outside of your body at any time during your dialysis treatments.

Anemia

People with anemia have fewer red blood cells and low iron levels compared with people who are healthy. Because of this, kidney disease patients with anemia may feel colder than the average person.

Tips for Staying Warm at Your Dialysis Center

- Always bring an extra loose sweatshirt or sweater to your treatments.
- Wear a hat to help prevent heat from escaping from the top of your head.
- Wear gloves and a scarf if it does not interfere with your access.
- Consider buying clothing from a company that makes clothes for dialysis patients. The clothing they offer exposes only your access area.
- Bring an extra blanket.
- Talk to your doctor about your concerns.

Network Toll-Free: 844.238.1188 | **Patient Toll- Free:** 844.238.1190

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