

# Post Dialysis

## Zone Tool

### Green Zone

#### ALL CLEAR ZONE

Green Zone Means:

- No shortness of breath or chest pain
- No swelling
- Thrill and bruit present in access
- No bleeding from access sites
- Vital signs within normal limits for patient
- No nausea, vomiting, diarrhea

#### If symptoms are under control:

- Continue current medications (Check for renal doses)
- Continue to monitor weight as ordered
- Keep all physician appointments
- Keep scheduled dialysis appointments (on time)
- Follow diet as prescribed

### Yellow Zone

#### WARNING ZONE

Yellow Zone Means:

- Some shortness of breath
- Some swelling or edema
- Tiredness or chest pain with any activity
- Some oozing from access puncture sites
- Some nausea, vomiting, diarrhea
- Weak thrill or bruit in access
- Changes in blood pressure (higher or lower than usual) and other vital signs
- Persistent muscle cramps
- Decreased urine output

**These symptoms may indicate a need for adjustment in medications, plan of care, orders, or weight management. If any symptom, or combination of symptoms, is present:**

Contact the nephrologist/dialysis team before next treatment

### Red Zone

#### MEDICAL ALERT ZONE

Red Zone Means:

- Increased shortness of breath (faster, unrelieved, etc.)
- Mental confusion
- Muscle/extremity weakness
- Absence of thrill or bruit in access
- Very fatigued, trouble staying awake
- Increased swelling or edema
- Increased pain in access or generalized
- Increased nausea, vomiting, diarrhea and loss of appetite
- Fever, chills
- Prolonged and heavy bleeding from access site

**If any symptom, or a combination of symptoms, is present, seek immediate medical attention:**

Contact physician ASAP – May need to call 911

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