

Urea Reduction Ratio or URR

How do I know I am getting the right amount of dialysis?

The correct amount of dialysis to clear waste products from your body is called dialysis adequacy.

The health care team uses many ways to find out if you are having adequate dialysis.

How should I feel?

When your dialysis therapy is adequate, you should have more energy. You should also sleep better and feel like eating.

When your dialysis therapy needs adjusting, you may feel weak and tired. You may not sleep well. You may not feel like eating or may have an upset stomach. You may also have some swelling in the ankles or feet or have problems breathing.

What is URR?

One way to assess dialysis adequacy is to do a blood test called **Urea Reduction Ratio** or **URR**. This test measures a waste product called urea. A blood sample is taken before and after the dialysis treatment through the dialysis machine. The laboratory then tests the blood for urea. The results come back as a percentage of urea lowered during the dialysis treatment.

The Dialysis Units do URR blood tests once a month on all dialysis patients.

Your dialysis therapy will aim to give you a URR of 65% or more - the higher the number the better. This means the hemodialysis treatments are working well to get rid of waste products in your body.

If your blood test result is below 65%, the doctor will assess your dialysis prescription and improve your URR.

Each person will have a number that the doctor feels is right for that person. Try not to compare yourself to other people.

How do I improve my URR?

Follow your guidelines for diet, fluids and medications:

- Diet, fluids and medications all work together with your dialysis treatment to help you stay healthy.
- If you are not sure about your medications, talk to your nurse, doctor, or pharmacist.
- If you are not sure about your diet, talk to your nurse or dietitian.

Take good care of your hemodialysis access. You need a clear access to maintain good blood flow.

Keep a record of your monthly URR results. Your goal is to have a URR over 65%.

If you are on home dialysis, stay on the hemodialysis machine the full amount of time:

- Reaching your dry weight is not a sign of adequate dialysis.
- Make sure the blood and dialysis pumps are set at the correct flow rates.
- Make sure the correct dialyzer is used.
- If you are not sure about your dialysis order, talk to your nurse or doctor.

Date of Test	URR Result (%)

Follow advice from your health care team the best you can. If you have any questions or concerns, contact a member of the health care team.