

## Understanding Clearance and Adimea: A Guide for Dialysis Patients

# Understanding Clearance and Adimea: A Guide for Dialysis Patients

This booklet explains why clearance is important during dialysis and introduces Adimea, a tool that helps to ensure you get the right amount of dialysis.

## What is clearance and why is it important?

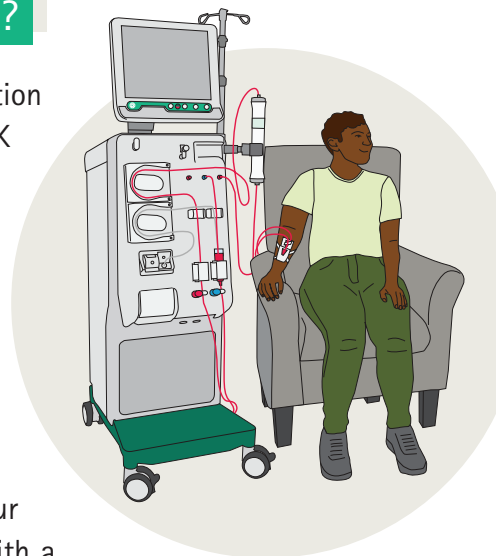
Clearance is how well your dialysis treatment removes waste from your blood. Good clearance means more waste is filtered out, helping you feel better and stay healthy. It is measured using either urea reduction ratio (URR) or  $eKt/V$ .

## How much clearance do I need?

For patients with minimal kidney function who have dialysis three times a week, UK guidelines recommend a clearance level of  $eKt/V$  1.2 or a **urea reduction ratio (URR)** of 65%<sup>1</sup>.

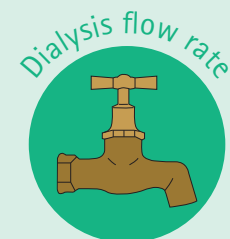
For patients with some remaining kidney function, or for patients where quality of life is more important than living longer, lower targets may be okay<sup>1</sup>.

Your doctors and nurses will check your clearance levels at least once a month with a blood test and may adjust your treatment if needed<sup>1</sup>.



## How can I achieve good clearance?

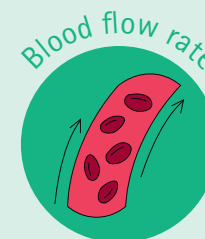
Several things that can affect your clearance during dialysis:



Higher dialysis flow through the dialyser cleans more blood.



The characteristics of the filter used.



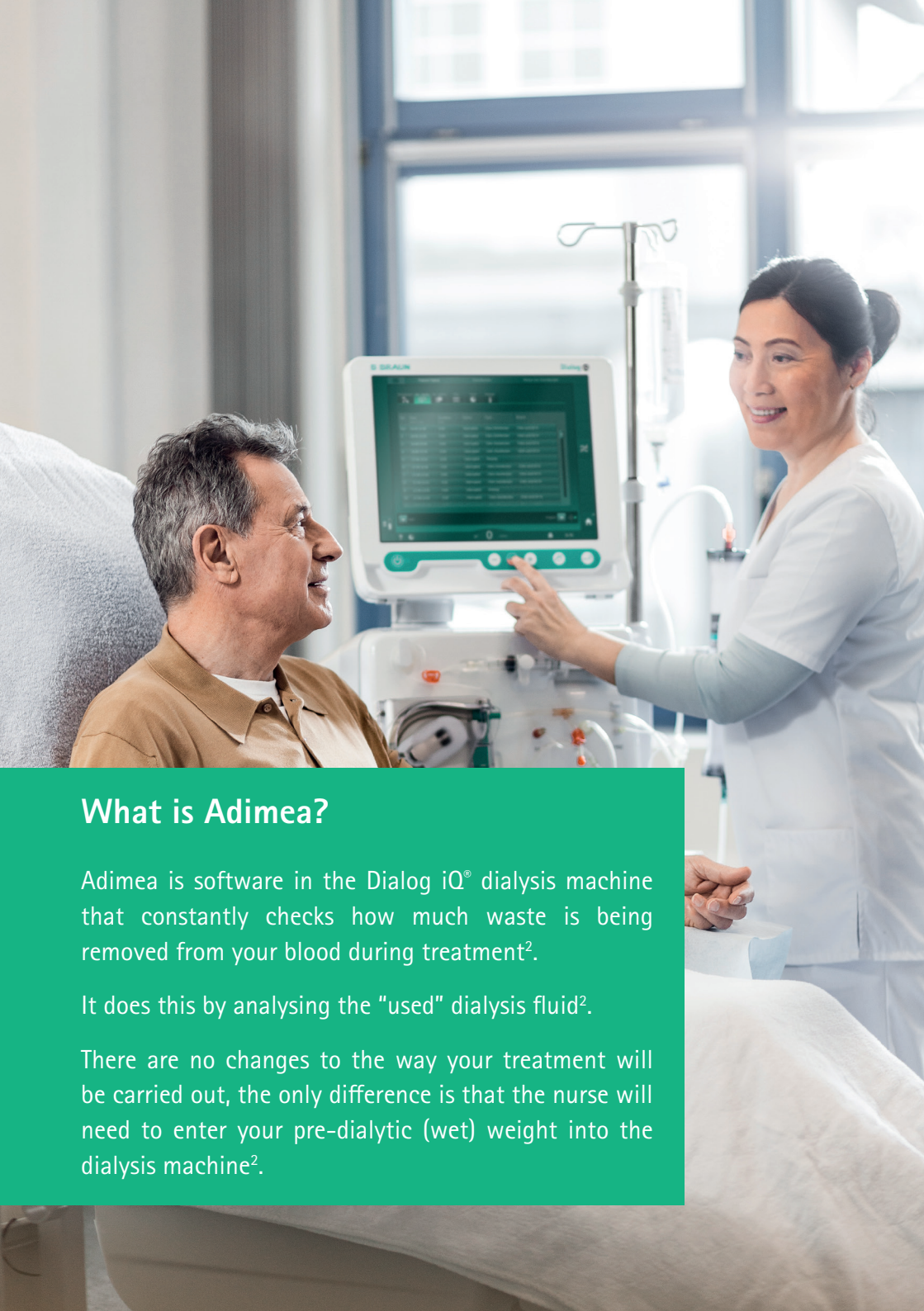
Faster blood flow through the dialyser cleans more blood.



Longer sessions generally remove more waste.



More sessions can improve clearance.



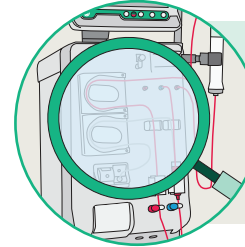
## What is Adimea?

Adimea is software in the Dialog iQ® dialysis machine that constantly checks how much waste is being removed from your blood during treatment<sup>2</sup>.

It does this by analysing the “used” dialysis fluid<sup>2</sup>.

There are no changes to the way your treatment will be carried out, the only difference is that the nurse will need to enter your pre-dialytic (wet) weight into the dialysis machine<sup>2</sup>.

## How does Adimea benefit me?

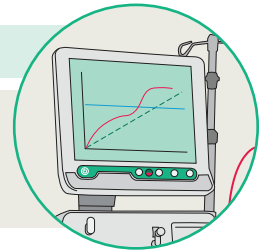


### Helps you get the right amount of dialysis

It constantly checks how much waste is being removed from your blood during treatment and allows nurses to make adjustments if needed<sup>3</sup>.

### Can improve your overall dialysis quality

It has been shown to help more patients achieve their target clearance levels, leading to better overall dialysis quality<sup>4</sup>.

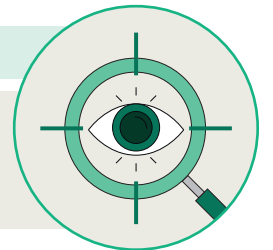


### Gives you peace of mind

Seeing the Adimea graph helps you understand how well your treatment is working and gives you confidence in your dialysis care<sup>3</sup>.

### It is a continuous monitoring system

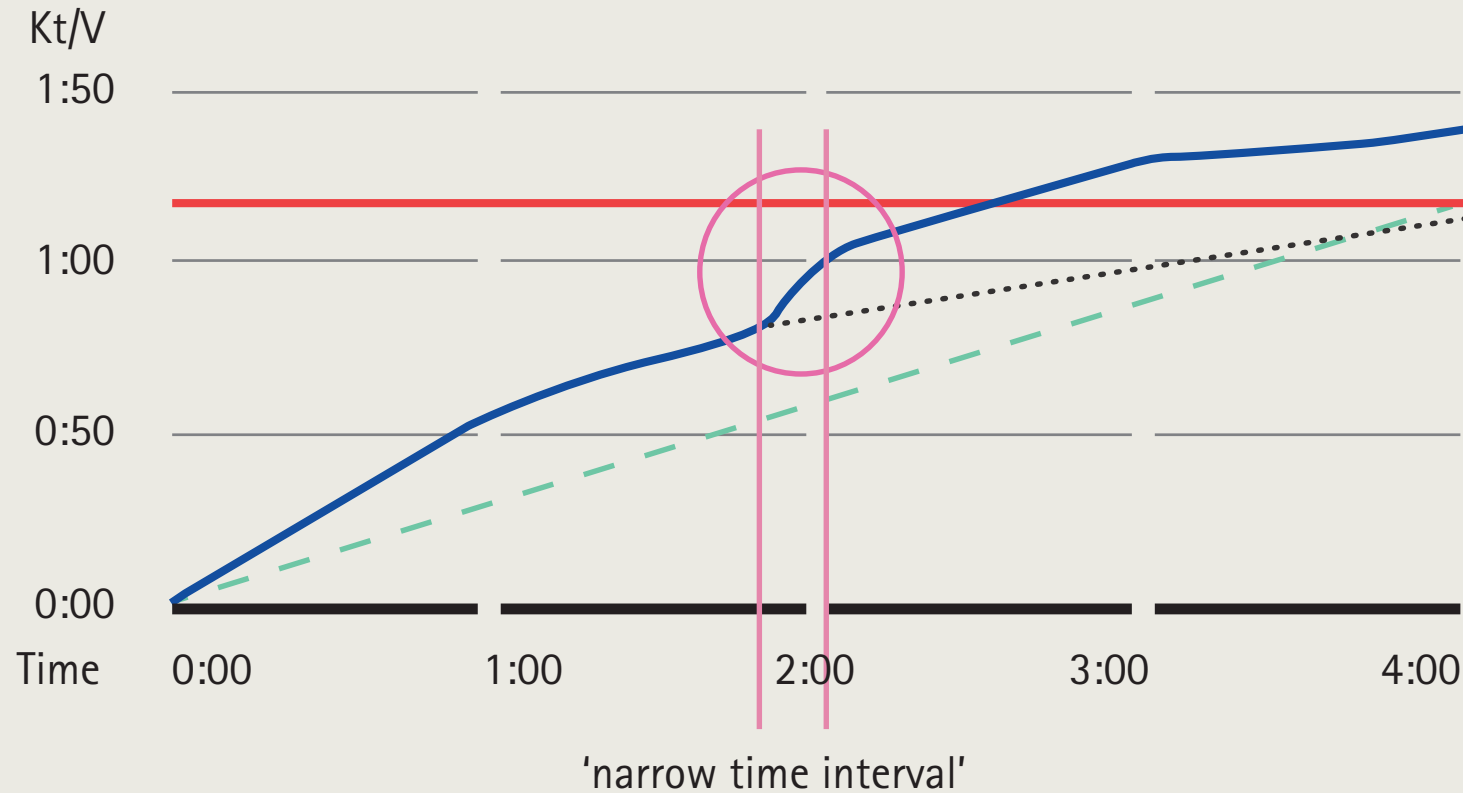
This means it can detect problems that might be missed with less frequent monitoring such as problems with your vascular access<sup>3</sup>.



### Can contribute to an improved feeling of wellbeing

When dialysis is more effective, you may experience fewer complications and a better overall physical state<sup>5</sup>.

## How do I understand the Adimea graph?



The Adimea graph shows a line that goes up during your treatment.

- A **steeper line** means your clearance is good and waste removal is happening effectively.
- A **flatter line** might mean your clearance is lower, and your nurse might need to adjust the treatment to improve waste removal.



Remember, your healthcare team is always available to answer any questions you may have about clearance, Adimea, or your dialysis treatment.

If you would like to contact B. Braun Medical Ltd to share your experiences with Adimea, please use the QR code and fill in the contact sheet.



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## References

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