

## HOW TO TAKE A BATHROOM BREAK ON NXSTAGE

**NOTE:** This information was provided by a NxStage user. The non-profit Medical Education Institute and Home Dialysis Central are not responsible for this content. Please have YOUR care team review it before use.

### Steps to Stop Treatment

- Remove tape from your shirt.
- Press **STOP** on the machine.
- CLAMP the **arterial (RED)** patient line AND the access line. DISCONNECT.
- CONNECT the **arterial (RED)** to the **RED** clamp of the saline spike.
- Keep the **venous (BLUE)** lines connected. Keep the clamps open.
- Do a RINSEBACK by pushing the FLUID button. CLOSE ALL CLAMPS.
- Remove the **arterial (RED)** line from the priming spike line.
- Remove the **venous (BLUE)** line from the needle.
- Connect the **arterial (RED)** and **venous (BLUE)** lines on the machine TO EACH OTHER using a peanut.
- Press **GREEN TREATMENT** Kidney on the machine. Blood will circulate in a closed loop through the peanut while disconnected.
- Tape your lines with syringes to your shoulder.

### While in the bathroom, recirculate blood for a MAXIMUM of 30 minutes:

- Make sure **RED** and **BLUE** clamps are OPEN where connected to the peanut.
- Press **GREEN TREATMENT** Kidney on the machine and adjust the flow rates:
  - Dialysate to 0.1 (**GREEN**)
  - Ultrafiltration to 0.0 (**YELLOW**)
  - Blood flow to 200 (**RED**)

### Steps to Restart Treatment

- Press STOP on machine.
- CLAMP and DISCONNECT the **arterial (RED)** and the **venous (BLUE)** patient lines from the peanut.
- RECONNECT the patient lines to the vascular access (**RED** and **BLUE**).
- UNCLAMP all four clamps.
- UNCLAMP **RED** and **BLUE** clamps
- Press **GREEN TREATMENT** Kidney on machine to resume.
- Reenter therapy rates: (**RED**, **YELLOW**, **GREEN**)

<https://www.nxstage.com/hcp/training-resources/temporary-disconnect-with-blood-module>