



Common Complications in Hemodialysis: Lower Blood Pressure 血液透析中常見併發症：血壓下降(英文)

Why does low blood pressure occur?

- Dehydration: Water dehydrated too fast and too much. The majority of dialysis patients drink too much water that increases the dehydration speed in a short period of time or the overly low estimation of ideal weight. These factors often contribute to the reduction of effective blood volume and lower blood pressure.
- Abnormal blood vessel shrinking: anemia, angiosclerosis and autonomic neuropathy.
- Heart disease.
- Take hypotensive agent before dialysis.

Symptoms:

- Yawning, sleepiness, blurry eyes, palpitations, rapid pulse, nausea, vomiting, abdominal pain, muscular spasm.
- Patients with following severe symptoms: pal face, cold sweat, difficult breathing, chest pain, cardiac arrhythmia, loss of conscious.

Preventions

- Avoid excessive weight increase between two dialyses.
- Do not take hypotensive agent before dialysis in general.
- Improve anemia by taking proper amount of iron and use EPO.
- Improve nutrition.