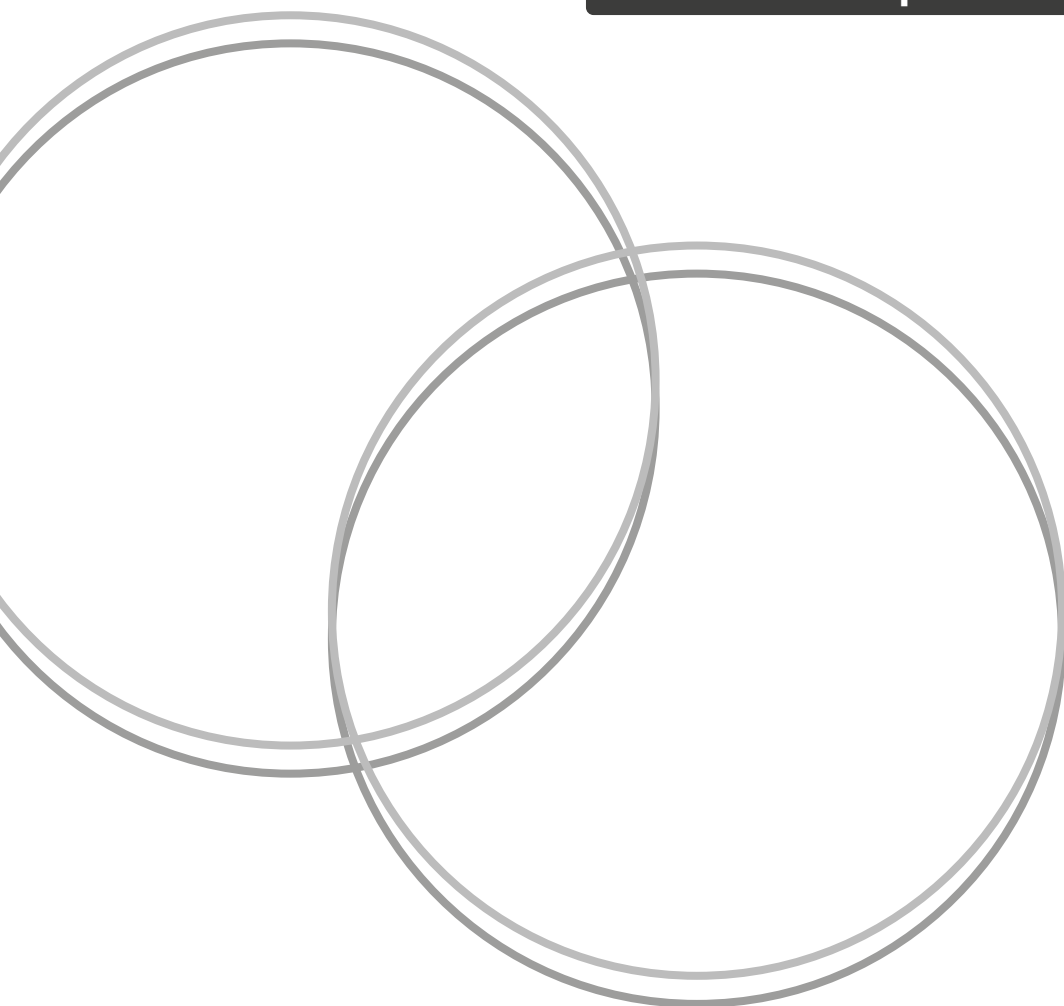


Welcome to the Horton Renal Unit

Information for patients



Horton Renal Unit is part of the Oxford Kidney Unit, run by Oxford University Hospitals NHS Foundation Trust.

We provide haemodialysis treatment for Banbury and the surrounding areas.

We are a very relaxed and friendly team, and hope that you will feel comfortable and at ease when you visit us. We are here to help you have a positive experience throughout your treatment.

If you have any questions after reading this leaflet, please speak to a member of our staff.

Opening hours

Monday to Saturday 7.30am to 11.30pm

Nurses' Station

Telephone: **01295 224 130** or **01295 224 129**

Renal Ward, Churchill Hospital

Telephone: **01865 225 780**

24 hours, including weekends and Bank Holidays

Clinics

Dialysis, Transplant or Pre-Dialysis clinics run on Thursday and Friday morning in the Horton Outpatient Clinic.

Your consultant will try to see you in the unit on your dialysis day for your follow-up appointments. If this is not possible, we will invite you to the Horton Renal Clinic.

To make a renal appointment, please call Renal Outpatients at the Churchill Hospital: **01865 225 355**.

A Dietitian is available and contactable via telephone and face to face appointments upon request.

Telephone: **01865 225 061**

Hospital facilities

Transport/car parking

You are entitled to free car parking and a mileage allowance if you drive yourself. If you use public transport you may be able to claim a refund of fares if you are on certain benefits/receive financial help.

Hospital transport is available for people who have no other means of transport, or are unable to drive. Please talk to a nurse if you need transport, so that it can be arranged before you start dialysis. You may have to wait a short period for transport home after your dialysis.

WiFi

We offer free WiFi on our hospital site: 'OUH-Guest'.

Toilets

There is a wheelchair accessible toilet for patients in the Horton Renal Unit.

About your haemodialysis

When you start dialysis we will allocate you to either the sunrise, afternoon or sunset session. These sessions run at the following times:

Sunrise: 7.30am to 12.30pm

Afternoon: 1.00pm to 5.30pm

Sunset: 6.00pm to 10.30pm

You will also have a 'named nurse' who will be responsible for your continuing care.

We have six haemodialysis machines on each shift.

You should expect to come to the unit three times a week, although some people only need dialysis twice a week. You will usually spend about five hours in the unit.

Three times a week dialysis takes place either on Monday, Wednesday and Friday, or on Tuesday, Thursday and Saturday. We try our best to give you the days that you would like; this may involve a short wait until a slot becomes available.

Your dialysis slot is based on an appointment time. Your dialysis nurse will let you know when you should arrive for dialysis.

If you are dialysing in the **sunrise** session we will give you a time between 7.30am and 8.30am.

If you are dialysing in the **afternoon** we will give you a time between 1.00pm and 2.00pm.

If you are dialysing on the **sunset** session we will give you a time between 5.30pm and 6.30pm.

If you need to change your treatment day, please speak to a Unit Manager, Deputy Sister / Charge Nurse or Shift Co-ordinator.

Please give as much notice as possible, and we will do our best to help you.

When you arrive

If you are able, please weigh yourself on our scales and take a seat in the waiting area. You can then give your weight to your nurse when you begin your treatment. Don't worry, we will show you how to do all this when you come for your first treatment.

If you dialyse in the morning, please come straight into the haemodialysis unit. If you dialyse in the afternoon or sunset, please tell us when you arrive and have a seat in the dayroom and we will let you know when to come into the haemodialysis unit.

If you have a fistula, please wash both your hands and fistula with soap and water before your dialysis treatment begins. There is a poster showing the steps to follow for washing your hands by each wash basin. Hand hygiene is important to keep you safe from infection. If you are unable to get to the wash basin we can provide hand wipes.

We will do our best to make sure that you start your dialysis at your appointment time. We try not to delay your treatment as we know this is important to you. However, there are situations that happen such as emergencies or machine breakdowns. We will always let you know what is happening.

Keeping well on haemodialysis

Haemodialysis is effective, but you will also need to make changes to your diet and the amount of fluid you drink. A dietitian will talk with you and provide you information to help you with this. It is important that you follow the advice about your diet and how much you drink as this increases the effectiveness of your dialysis treatment and your health.

Your kidney team will let you know what to expect over time as your body adapts to haemodialysis.

Your haemodialysis access is important. This allows the dialysis nurses to access your blood circulation so that blood can be removed from your body, clean in the dialysis machine and returned to your body.

There are 2 types of haemodialysis access.

- Tunnelled haemodialysis line (plastic tube in the neck).
- Arteriovenous fistula. Mostly in the arm.

There is a risk of bleeding and infection. Only the kidney team should touch your haemodialysis access.

During your haemodialysis

You may wish to bring in something to read and/or your tablet or laptop. If you want to watch TV, please bring in some personal headphones, to avoid disturbing other patients.

Electrical equipment must be checked by the hospital before being used in the unit, unless it is new. We will arrange to have this done when you first arrive. We are unable to accept responsibility for any items you bring into the unit.

A relative or friend may be able to sit with you during your treatment. Please ask a member of staff before your appointment.

We provide sandwiches, biscuits and a hot drink free of charge about halfway through your treatment. You are welcome to bring your own sandwich or snack. If you are taking a phosphate binder, such as Calcichew, Calcium acetate, Renagel or Lanthanum please remember to bring these with you, so you can have them when you eat.

What to expect

The unit can be noisy, especially during connection and disconnection of the dialysis machines. The machines also bleep to alert the nurses if there is a problem.

The unit has a mixed bay, where men and women have dialysis together.

Please wear loose comfortable clothing, so your nurse can easily gain access to your fistula or tunelled line.

Most people feel fine during dialysis, but you might experience the following:

- headache
- sickness
- cramp
- low blood pressure
- dizziness
- tiredness.

If you experience any of these symptoms, please talk to your dialysis nurse.

If you have a problem with your dialysis the nursing staff can contact a renal doctor. For other medical problems you should contact your GP. If you are in doubt, speak to a member of the nursing team for advice.

Shared Haemodialysis Care

Your nurse may talk to you about Shared Haemodialysis Care, which is about involving you in your dialysis treatment. There is a leaflet that explains this in more detail; please ask your dialysis nurse for a copy.

Some people on haemodialysis do their own treatment at home. If this is something that you would like to consider, please speak to your named nurse or consultant.

Screening and testing

If you are on haemodialysis your dialysis nurse will take blood samples at the beginning of the month just as you start dialysis. The results will be reviewed by the multidisciplinary team (Doctor/Nurse/Pharmacist/Dietitian). Your named nurse will talk to you about this. This is so we can make sure that your dialysis is working well.

Additionally, as a method of infection control and prevention, regular surveillance screening is performed.

This may be a blood sample or a swab of your nose, wound or dialysis access site. Your dialysis nurse will tell you more about this.

It is important that you take good care of your haemodialysis access

Caring for you haemodialysis access:

- Keep the dressing on overnight after dialysis if you have a fistula or graft.
- Never allow anyone to take your blood pressure using your fistula or graft arm.
- Never have an injection or have blood taken from your fistula or graft arm unless a nurse or doctor has advised you otherwise.
- Do not wear tight clothing on your fistula or graft arm.
- If you have any soreness or oozing, **please contact Horton Renal Unit immediately on: 01295 224 129.**
- Check your fistula daily: you should feel a buzzing when it is touched lightly.

Make sure you know what to do in an emergency if your fistula or graft won't stop bleeding. Your dialysis nurse will give you a pack which has more information.

If you have a tunnelled line:

- Never change the dressing.
- Do not get the dressing wet (no showers).
- Do not allow anyone to use your tunnelled line for any other use other than haemodialysis.
- Make sure you carry a blue clamp with you. Your haemodialysis nurse will show you how to use it.
- We will give you a separate leaflet on caring for a tunnelled line and an emergency pack.

Emotional support

Living with kidney failure can be stressful, and we understand that you may sometimes need help or feel overwhelmed.

We are always happy to discuss your concerns and can offer practical as well as emotional support. Please speak to your nurse or the Unit Manager during your treatment or, if you prefer, privately before or after your treatment.

We are also here to support family members or friends who may be providing you with help or care. If they are worried about anything, please let them know we can help them, too.

Support is also available from a Kidney Patient Advisor. If you would like to see them please ask a nurse to arrange a meeting for you. We also have a Clinical Psychologist who you can talk to. Please ask your nurse if you would like to see them.

It may also help to talk to other patients. When you come for haemodialysis, or when you attend clinics, you will have the opportunity to meet up with others with kidney problems. They may be able to give you ideas on how they have coped with kidney failure.

Spiritual and Pastoral Care

There is a Chaplaincy team which includes representative ministers from the major Christian and Muslim faiths. They work with faith advisors and trained volunteers from a wide range of faith backgrounds and traditions, to provide respectful and comprehensive spiritual care to all our patients, families and staff.

They can offer advice on cultural and religious issues and concerns related to all aspects of hospital care. We can also contact local or nominated ministers, priests or faith leaders for you or your family members.

Chapel/prayer room

Our prayer room can be found along the main corridor, it is open 24 hours a day. Resources are available for people from all faith backgrounds and traditions, including prayer mats and a selection of spiritual reading.

What to do if you are admitted to hospital

If you are admitted to hospital, it is important that the steps below are taken.

- Ask the hospital staff to inform Horton Renal Unit that you have been admitted to hospital.
- Remind the staff you have a fistula, or a tunelled line, and they should not take your blood pressure or any blood from this.
- Tell staff about your fluid and dietary restrictions.
- Tell staff you are on haemodialysis.

Holidays

Although you have to attend dialysis treatment regularly, you may still take holidays in the UK and abroad.

Before arranging a trip, gain permission from the Unit Manager and your consultant, to ensure you are fit enough to travel. You will need to organise the holiday by speaking to a unit that is near to your holiday destination.

The Kidney Charities at the end of this leaflet have a list of haemodialysis units that accept people for holiday haemodialysis.

Please allow at least 2 months' notice, so we can complete the necessary paperwork and take the required blood and other tests.

Code of Conduct

During your time at the Renal Unit we will explain your treatment, and how to raise any concerns so we can resolve them quickly.

The Horton Renal Unit has a zero tolerance policy for any form of verbal or physical abuse, and your treatment will be deferred or relocated if this becomes necessary.

Useful websites

Horton General Hospital (Oxford University Hospitals NHS Foundation Trust)

Information about the Horton General Hospital in Banbury, Oxfordshire, including travel and parking information and hospital facilities.

Website: www.ouh.nhs.uk/hospitals/horton

Oxford Kidney Unit

Information about Oxford Kidney Unit for patients and carers.

Website: www.ouh.nhs.uk/oku

Kidney Patient Guide

Information for patients with kidney failure and those who care for them.

Website: www.kidneypatientguide.org.uk

Kidney Care UK

A charity providing practical support and information for people with kidney disease.

Website: <https://kidneycareuk.org>

Six Counties Kidney Patients Association

The SCKPA is run for patients by patients or family members.

They offer support to people suffering from kidney disease or who are on dialysis. They work closely with the Oxford Kidney Unit and have branches in Oxfordshire, Northamptonshire, Buckinghamshire and Milton Keynes, and parts of Wiltshire, Gloucestershire and Berkshire.

Website: www.sixcountieskpa.org.uk

OUH Patient Portal Health for Me

Please ask a member of the renal team to sign you up to the patient portal.

Website: www.ouh.nhs.uk/patient-guide/patient-portal

Shared Care

A website promoting information about shared care for everyone.

Website: <https://shareddialysis-care.org.uk>

Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

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Oxford University Hospitals NHS Foundation Trust
www.ouh.nhs.uk/information



Making a difference across our hospitals

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OXFORD HOSPITALS CHARITY (REGISTERED CHARITY NUMBER 1175809)

