

## **Three suggestions for 2025 to improve the sustainability of your Hemodialysis center (in brief)**

### **1. Dialysate flow rate**

Many centers are still using a high dialysate flow up to 800ml/min. It is suggested that it should be lowered to a ratio of 1:2 (Dialysate flow : Blood flow) which is in general about 500 ml/min. And that HDF should only be used when blood flow is > 350 ml/min. In HDF a dialysate flow of 600ml/min should be used. This allows to save a lot of water and so energy.

### **2. Machine Activation**

Switch on dialysis machine with patient arrival to avoid unnecessary use of energy and dialysate. Back-up machines should only be switched-on ever 72h for disinfection, in line with the supplier guidelines.

### **3. Water preparation and heat cycles**

Water preparation. Supplier should check how often heat disinfection is really necessary for the water system. Maybe 1-2 times per week is frequent enough.

This list of suggestions is based on the opinions of the members of the Working Group for Sustainable Nephrology of the Swiss Society of Nephrology. Suggestions for improvement are welcome (please sent them to [office@swissnephrology.ch](mailto:office@swissnephrology.ch) ("Sustainable Nephrology)).

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