

# Intradialytic Hypotension

**Table 1. Summary of Management Strategies for Treatment and Prevention of Intradialytic Hypotension**

Management Strategies (Grouped)	Proposed Physiologic Mechanism to Counteract IDH
<b>Immediate management (excluding acute medical emergencies)</b>	
Stop ultrafiltration	Optimize plasma refill / augment preload
Trendelenburg position	Augment venous return / preload
Saline or albumin infusion	Augment venous return / preload
Consider reduction in blood flow (Qb) and dialysate flow (Qd)	Optimize plasma refill (minimize osmolar gradients)
<b>First-line preventive measures</b>	
Reassess estimated dry weight	Optimize plasma refill / augment preload
Reassess ultrafiltration rate	Optimize plasma refill / augment preload
Counsel about dietary sodium and fluid goals	Optimize plasma refill / augment preload
Avoid food ingestion during hemodialysis	Promote arteriolar vasoconstriction
Review antihypertensive regimen	Promote arteriolar vasoconstriction / optimize cardiac function
Review dialysate composition (Ca <sup>2+</sup> , Mg <sup>2+</sup> , Na, HCO <sup>-</sup> )	Promote arteriolar vasoconstriction / optimize cardiac function
<b>Second-line preventive measures</b>	
Prescribe dialysate cooling	Promote arteriolar vasoconstriction / optimize cardiac function
Evaluate for undiagnosed cardiac disease	Promote arteriolar vasoconstriction / optimize cardiac function
Increase dialysis treatment time	Optimize plasma refill / augment preload
<b>Third-line preventive measures</b>	
Initiate midodrine before hemodialysis	Promote arteriolar vasoconstriction / optimize cardiac function
Change dialysis modality*	Optimize plasma refill / augment preload*

\*Mechanism for “Change dialysis modality” inferred (image slightly unclear); confirm if your source lists a different mechanism.

**Source:** Adapted from European Best Practice Guidelines (50).

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## Converting This Markdown to PDF

1. Pandoc  
`pandoc intradialytic-hypotension-management.md -o intradialytic-hypotension-management.pdf`
2. VS Code “Markdown PDF” extension or similar.
3. Browser: Render Markdown → Print → Save as PDF.

## Optional Integration

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