Questions to Ask Your Health Care Team

Home dialysis may or may not be an option for you. Not all types of home dialysis may be options for you. It is important to talk to your care team to learn more.

Here are some things to ask your health care team.

1. What dialysis therapy may offer me the best chance of living a normal life?
2. What dialysis treatment would allow me the best chance of survival?
3. What treatment would allow me to have better nutritional status?
4. What dialysis treatment option would you choose if you were faced with kidney failure?
5. How can I learn more about home dialysis?

On the Road to Home Dialysis

Why would I choose home dialysis?
- I have greater flexibility in my daily schedule.
- I feel better and have an improved quality of life.
- I don’t need to arrange transportation to/from in-center dialysis treatments.
- I am able to enjoy a more normal diet.
- It may be much easier for me to travel.

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On the Road to Home Dialysis

What are the options for home dialysis?

- **Home Hemodialysis** is performed three to four times per week and typically lasts about four hours per session.
- **Nocturnal Hemodialysis** allows you to run your hemodialysis treatments while you sleep.
- **Short Daily Home Hemodialysis** is performed five or six times per week and typically lasts about two and a half hours per session.
- **Peritoneal Dialysis** (two options)
  1. **Continuous Ambulatory Peritoneal Dialysis (CAPD)** involves four to five manual daily exchanges.
  2. **Continuous Cycling Peritoneal Dialysis (CCPD)** involves nightly exchanges using a machine.

What support can my dialysis center provide?

- Complete training, one-on-one with a registered nurse.
- Nurses available 24/7 by phone.
- In-home visits and support.
- Deliver supplies to your home.

What are the benefits of more frequent dialysis?

Before you needed dialysis, your kidneys worked continuously: 24 hours a day, 7 days a week. They helped to balance the fluids and electrolytes in your body while removing waste.

Traditional hemodialysis is performed three times per week.

Frequent peritoneal dialysis or hemodialysis reduces these fluctuations by shortening the time between treatments. As a result, it is gentler on the body and may lead to the following benefits:

- Better blood pressure control with fewer medications.
- Much quicker recovery time after treatment.
- Reduced blood pressure control with fewer medications.
- Fewer depressive symptoms.
- Improved appetite and the ability to drink more beverages.
- Lower risk of death.
- More energy and vitality.
- Less stress on the heart.

Who should consider home dialysis?

- Patients who are able to manage their own care, either alone or with a helper.
- Patients seeking more independence and control over their schedule.
- Patients with school, family life, or child care responsibilities.
- Patients who want greater responsibility for their own care.
- Patients who are able to perform treatments.