

# 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?



Midwest Kidney Network  
1-800-973-3773  
1360 Energy Park Drive Suite 200  
St. Paul, MN 55108



## 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.

# On the Road to Home Dialysis

## Who should consider home dialysis?

- Patients who are able to manage their own care responsibly, either alone or with a helper.
- Patients who want greater flexibility with school, work, travel, family life, or child care.
- Patients seeking more independence and control over their schedule.



## 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 that happens three times per week can lead to fluctuations in body weight due to water retention, accumulation of wastes, and cause electrolytes to become imbalanced.

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 health benefits.

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

