

# Kidney Failure: What are my treatment choices?

**HEMODIALYSIS** cleans your blood using a machine to get rid of harmful wastes and extra water in your body. You can get hemodialysis treatment in a dialysis center or at home.

**PERITONEAL DIALYSIS** is another way to get rid of wastes and extra water in your body. This type of dialysis uses the lining of your abdomen, or belly, to clean your blood.

**KIDNEY TRANSPLANTATION** places a healthy kidney from another person into your body through surgery. The donated kidney does the work that your failed kidneys can no longer do.

## Find the best choice for YOU!

Here are things to consider when choosing the treatment option that will help you stay active and productive. Be actively involved with your care team in discussing treatment choices.

- ✓ Ask your care team:
  - About the different types of treatment.
  - About training classes to help you better understand what each procedure involves.
  - If your health or other factors limit your choices.
- ✓ Make a list of your pros and cons for each treatment option.
- ✓ Think about the kind of support system you would need for each type of treatment.
- ✓ Find out what your insurance covers, and determine what your out-of-pocket costs will be.
- ✓ Look for facilities that provide the kind of treatment you want.
- ✓ Remember, you can always get a second opinion from a nephrologist or member of your dialysis care team.
- ✓ You can find more information on the Dialysis Facility Compare website [www.medicare.gov/dialysisfacilitycompare/](http://www.medicare.gov/dialysisfacilitycompare/)



Contact the ESRD NCC for additional resources and to connect with your local ESRD Network for support.



To file a grievance, please contact us:

**IPRO End-Stage Renal Disease Network of the South Atlantic**

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