

## Resources

Home Dialysis Central -  
<http://homedialysis.org>

IPRO ESRD Network of New York -  
<http://esrdny.ipro.org>

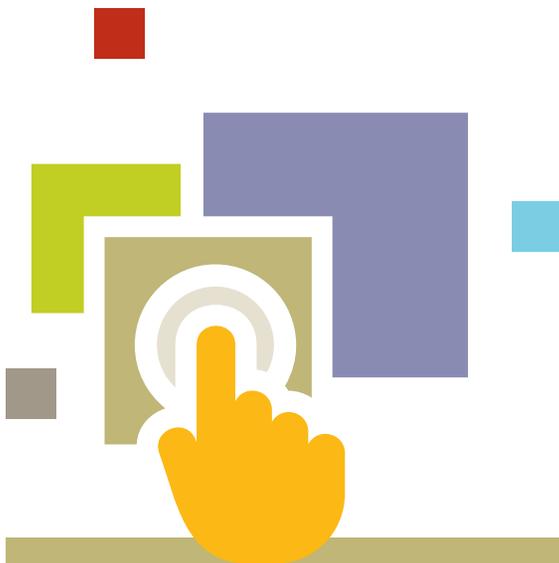
National Institute of Diabetes and  
Digestive and Kidney Disease -  
[http://kidney.niddk.nih.gov/kudiseases/  
pubs/homehemodialysis/](http://kidney.niddk.nih.gov/kudiseases/pubs/homehemodialysis/)

National Kidney Foundation -  
[www.kidney.org/atoz/atozTopic\\_Dialysis](http://www.kidney.org/atoz/atozTopic_Dialysis)

National Kidney Center -  
[www.nationalkidneycenter.org/treatment  
-options](http://www.nationalkidneycenter.org/treatment-options)

*To find a home hemodialysis or peritoneal  
dialysis training center:*

Dialysis Facility Compare -  
[www.medicare.gov](http://www.medicare.gov)



End-Stage Renal Disease  
Network of New York

**If you think that home dialysis  
is something you would like to  
consider and want more  
information, talk with your  
healthcare team or contact the  
Network at 1(800) 238-3773.**

To file a grievance, please contact:  
IPRO End-Stage Renal Disease  
Network of New York  
1979 Marcus Avenue  
Lake Success, NY 11042-1072  
Main: (516) 209-5578  
Patient Toll-Free: (800) 238-3773  
Fax: (516) 326-8929  
E-mail: [info@nw2.esrd.net](mailto:info@nw2.esrd.net)  
[www.esrdny.ipro.org](http://www.esrdny.ipro.org)

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## Is Home Dialysis Right for You?



Home dialysis (hemodialysis or  
peritoneal dialysis) has several benefits  
for patients, including:

- Improved outcomes,
- Increased quality of life,
- Flexible treatment scheduling,
- Decreased costs associated with travel  
to the dialysis unit,
- Improved self-confidence,
- More freedom to travel, and
- Better understanding of how to live  
with ESRD.



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**(800) 238-ESRD (3773)**  
**[www.esrdny.ipro.org](http://www.esrdny.ipro.org)**

## Types of Home Dialysis

There are two main types of dialysis treatments—peritoneal dialysis and hemodialysis. Both of these treatments can be done at home.

**Peritoneal dialysis (PD)** uses the body's peritoneum (lining that surrounds the abdominal organs) to remove waste products and excess fluid from the blood. This is a bloodless procedure that does not require needles. A tube (PD catheter) is surgically implanted into the abdomen (usually near your belly button). Fluid (dialysate) is put into the abdomen via the PD catheter and left there for a period of time to absorb toxins and fluid from the body and then it is drained out and new fluid is placed in the abdomen. This is called an exchange.

There are two types of peritoneal dialysis.

- **CAPD**—continuous ambulatory peritoneal dialysis is a manual process for doing PD
- **CCPD**—continuous cycling peritoneal dialysis uses a machine to do the exchanges.

**Hemodialysis (HD)** uses an artificial filter called a dialyzer to clean the blood of waste products and excess fluid. A vascular access needs to be created (fistula or graft) or inserted (a/v catheter) to allow for blood to move from your body into the dialyzer and back to your body. Although HD uses the same machine, there are several different types of HD that can be done at home.

- **Traditional HD**—three treatments per week, usually every other day.
- **Daily short HD**—usually five to six treatments per week for a shorter time period than traditional HD.
- **Nocturnal HD**—done while you sleep for five to six treatments per week at a lower blood flow.

## Glossary

**Abdomen:** the part of the body below the chest that contains the stomach and other organs. (Belly)

**Dialysate:** During dialysis, waste products in the blood pass through a porous (filtering) membrane or dialyzer into the dialysate fluid.

**PD Catheter:** This is a peritoneal dialysis catheter placed in the abdomen by a surgeon, so that a person can perform peritoneal dialysis.

**Peritoneum:** The peritoneal membrane (Peritoneum) is the smooth, transparent membrane that lines the abdominal cavity, and allows nerves, blood vessels, and lymph vessels to pass through to the organs.

**Peritoneal Dialysis:** a type of dialysis in which the peritoneum surrounding the abdominal cavity is used as a dialyzing membrane for removal of waste products or toxins accumulated as a result of renal failure.

## Frequently Asked Questions

**What if I am a renter? Can I do dialysis at home?** Talk to your home training nurse, and then talk with your landlord. You might be pleasantly surprised.

**What if I don't have a training partner?** Talk with your home training nurse and nephrologist. In certain cases you may be able to train without a partner.

**What if something happens while I am on treatment?** Before you go home, the nurse will train you for all types of emergencies. If you need help, your facility will have 24 hour phone back-up. You will always be near help.

**Do you need a college degree to do dialysis at home?** No. The clinic will train you and a partner (if the clinic requires a partner). Many patients and partners who have not attended college have been trained successfully.

**Will home dialysis scare my family?** The training staff will make sure you and your partner are comfortable with all aspects of your treatment before you start your treatments at home.

**How will I have the time to do dialysis at home?** The time saved by not traveling to and from the dialysis unit and not having to wait to begin or finish a treatment at a facility can be used to set up and do treatments at home.