

# Do you know your home treatment options?



## HOME DIALYSIS...

### Peritoneal Dialysis (PD)

#### PD Benefits in Brief

**Needle-free.**

A catheter is used for treatments.

**Portable.** Take it with you.

**Flexible.** Choose treatment times that fit your needs and lifestyle.

**Freedom.**

Eat and drink more of what you like.

**Kidney Function.** PD may help you keep your remaining kidney function longer than standard hemodialysis.

### Home Hemodialysis (HHD)

#### HHD Benefits in Brief

**More Energy.**

Get more dialysis and feel better.

**More Control.**

Eat, drink, and have visitors during treatments.

**Better Access.**

Lasts longest when you put in your own needles.

**Better Survival.**

You may live just as long as if you received a deceased donor kidney transplant.

### What type of support would be provided by the dialysis facility?

- A home nurse will provide one-on-one training until you are comfortable to dialyze at home.
- Your clinic will be available to you 24/7, either in the facility or by phone.
- You will make visits to the home facility for lab tests and evaluations.
- The home nurse will assist in organizing your home with supplies needed for dialysis treatments.



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End-Stage Renal Disease  
Network of New England

<http://network1.esrd.ipro.org>

# Do you know your home treatment options?



## HOME DIALYSIS... continued

### Why consider home dialysis?

- More flexibility in your dialysis and daily life schedules
- Enjoy a more normal diet with less restrictions
- More freedom to manage your own care
- You may be able to reduce medications
- Less transportation hassles to and from a clinic
- Ability to travel more (depending on your ability to bring along the machine and your supplies)
- Ability to work or continue school
- Have more energy, both mentally and physically
- Have better control of your blood pressure
- Less stress on your heart and less recovery time after treatments

### Get more information.

If you would like to learn more about a home dialysis option that will best suit your needs and lifestyle, take the next step. Find the best options for you and talk with your healthcare team.

Here are some helpful links to get started:

**Home Dialysis Central:** <https://homedialysis.org/home-dialysis-basics>

**Life Options:** <https://lifeoptions.org/living-with-kidney-failure/options-for-dialysis>

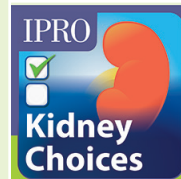
**Home Dialyzors United:** <https://www.homedialyzorsunited.org>

**National Kidney Foundation:** <https://www.kidney.org/treatment-support>

**My Life, My Dialysis Choice:** <https://mydialysischoice.org>

### Check out the *Kidney Choices* app...

A tool to help you and your healthcare team select the treatment option that is right for you. Track diagnostic tests, clinician appointments and medications.



Available on the App Store and on Google Play.



Better healthcare,  
realized.

To file a grievance, please contact us:

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