

Tips for considering a Home Modality

- Research your many options.
- Think about your long-term goals.
- Involve your care partner in the planning process.
- Consider where you can place home dialysis equipment and supplies in your living space.
- Ask to speak with a patient who is dialyzing at home.
- Discuss any questions you may have with your healthcare team.
- Form a partnership with your care team.

Comments from people on HHD...

"I was one of the first in Hawaii to get trained for Home HD, and have been a big fan ever since! I really like how portable my machine is."

"I don't feel like a 'sick person' anymore. I'm proud to tell people that I do my own treatments at home!"



Available on the App Store
and on Google Play...



Kidney Choices

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.

For more information or to file a grievance, please contact us:

IPRO End-Stage Renal Disease Network Program

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Patient Toll-Free: 800-238-3773

Website: esrd.ipro.org

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End-Stage Renal Disease
Network Program

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Do you know all of your treatment options?

Transplant...
In-center Dialysis...
Peritoneal Dialysis...

Home Hemodialysis (HHD)



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esrd.ipro.org

Home Hemodialysis (HHD)

HHD removes blood from the body and cleans it in a dialysis machine that is smaller than the one used in a center. For hemodialysis, you will need a vascular (blood vessel) access. This is a location on your body where the blood is removed and returned.

Before you start HHD, you or your care partner will have to complete the training and be able to perform each step of the treatment correctly. Most people can complete training in three to six weeks.

What are the different types of HHD?

There are three types of HHD: Standard HHD, Daily HHD, and Nocturnal (night-time) HHD. These methods filter waste and excess fluids from your blood. All three methods are done at home.

Standard HHD is performed three times a week—or every other day—at home. You can choose your treatment days and time as long as you don't go without treatment for more than two days. Standard home HD takes about five to six hours per treatment, including setup and cleanup. It's best for you to get at least four hours of dialysis per treatment; more is better.

Daily HHD is performed five to six days a week. Daily home HD takes a few hours each treatment day. Since the machine is in your home, you can do treatments early in the morning, late at night, or any time that works best for you and your partner. Your treatments do not have to be the same time each day.

Nocturnal HHD is performed during the night while you sleep. Nocturnal HHD is very slow and gentle and easy on your heart.

Most people who do nocturnal HHD will dialyze every other day, or as often as four–six times per week. Research indicates that people who do longer HD treatments at home may live about three times as long as those who do standard HD in a clinic

How do I get started on HHD?

The most important thing to consider in determining whether you are suited for HHD is how much you want to do it. As long as you and a partner can pass the training and learn to place your needles, you can succeed.

A nurse will teach you how to safely perform dialysis treatments, run the machine, and order supplies. He or she will come to your house, help you get a room set up, and will be there for your first home treatment to ensure that you feel confident. Afterwards a nurse will be on call 24 hours a day, seven days a week to help you and answer your questions.



Important things to consider...

- You can travel with your supplies.
- You will not need to visit a clinic three times per week. Most people require only a monthly visit.
- You will have more flexibility in setting your treatment schedule.
- With daily HHD, you may have fewer dietary and fluid restrictions.
- You will need a vascular access to perform the procedure.
- You will not have to worry about transportation concerns during inclement weather.

More information about Home Hemodialysis Options

- **Home Dialysis Central**
<http://homedialysis.org>
- **National Kidney Foundation**
www.kidney.org/atoz/atozTopic_Dialysis
- **National Kidney Center**
www.nationalkidneycenter.org/treatment-options
- **IPRO ESRD Network Program**
<http://esrd.ipro.org>

Finding a Home Hemodialysis Training Center

- **Dialysis Facility Compare**
www.medicare.gov/dialysisfacilitycompare