



MY CHOICE, HOME HEMODIALYSIS (HD)



Myths

vs.

Reality



You won't have any experts at home to help you out.

Throughout your training you will learn to be an expert. Your facility will also provide 24-hour on-call nurse assistance to help troubleshoot any concerns. Help will always be available.



You could bleed to death very quickly.

Machine alarms will alert you if just one drop of blood is out of place. You will have time to react and fix the problem. Talk to a home dialysis nurse to learn more!



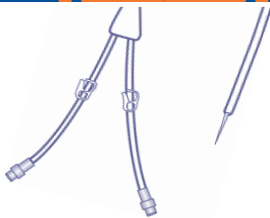
Home HD is a huge burden for a care partner.

It is best if YOU do as much of your treatment as you can. Some people perform home HD without a care partner.



A home HD care partner needs to have a medical background.

No medical background is needed. The clinic will train you and your care partner, if you have one.



You can't do Home HD with a dialysis catheter.

Some programs will let you do home HD with a catheter. However, due to the high chance of infection with a catheter, it is best to trade your catheter for an access in a blood vessel, if you can.



Your house has to be perfectly clean at all times.

Most homes are cleaner than the clinic due to the number of people with germs coming in and out of the clinic daily.

Clinics can have many germs.

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Adapted from Northwest Renal Network (Network 16) and Heartland Kidney Network (Network 12).

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You can't do home HD in an apartment.

Talk to the home training nurse, then talk with your landlord.

You might be pleasantly surprised.



With home HD, you still have to follow the same schedule you had at the dialysis center.

One of the benefits of home hemodialysis is the ability to plan your treatments around your life!



You can't do HD at home if you are noncompliant in the dialysis center.

Each individual will be evaluated, but people with a high need to control situations may actually do better at home.



When you do HD at home, you can eat and drink whatever you want.

There are still limitations on your diet and fluid intake, but you have more choices. Your dietitian will guide you.



Once you are trained, you can do dialysis at home — right from the start.

Your nurse will work with you during training to make sure that you feel ready to start. You and your dialysis team will decide together when you are ready to begin dialysis in your home.



There is a long waiting list to learn how to do HD at home.

The wait varies among facilities offering home programs. Ask your nurse about what to expect.



**End-Stage Renal Disease
Network Program**

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

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