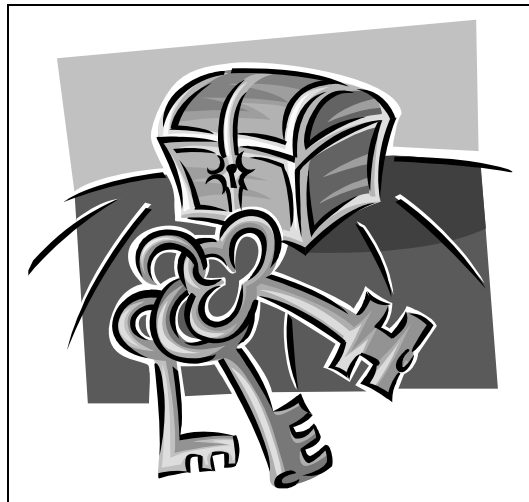


Home Dialysis Fact Sheet with Pluses & Minuses of Home Dialysis Options





Home Dialysis Fact Sheet*



What is dialysis?

Dialysis is a treatment for kidney failure that removes waste and extra fluid from the blood, using a filter. In peritoneal dialysis (PD), the filter is the lining of the abdomen, called the peritoneum. In hemodialysis (HD), the filter is a plastic tube filled with millions of hollow fibers, called a dialyzer.

How is hemodialysis done at home?

There are 3 ways of doing hemodialysis - all of them use a machine to clean your blood:

- Conventional Home Hemodialysis (CHHD) treatments are done 3 times per week, with each treatment lasting about 4 ½ - 5 ½ hours.
- Daily Home Hemodialysis (DHHD) treatments are done 5 to 6 times per week, with each treatment lasting about 2 - 3 hours.
- Nocturnal Home Hemodialysis (NHHD) treatments are done 3 or more times per week, with each treatment lasting about 6 – 8 hours.

How is peritoneal dialysis done at home?

There are 2 ways of doing peritoneal dialysis at home. One type uses a machine and one is done without a machine. Some people use a combination of the two types:

- Continuous Ambulatory Peritoneal Dialysis does not require a machine. It is done during the daytime while the person is awake.
- Continuous Cycling Peritoneal Dialysis uses a machine called a “cyclor”. It is done at night while the person sleeps.

Each of the five ways of doing dialysis at home offer different things – and you must choose the one that’s right for you. Even if you’ve never thought about doing dialysis at home, home dialysis might be a good fit for your lifestyle and needs—either now, or in the future. With new, easier to use dialysis machines and equipment, it's easier than ever to get high quality dialysis at home.

Method (Modality) Comparison Chart

On the back of this page are two charts that show the pluses and minuses for in-center hemodialysis, for the three types of home hemodialysis and the two types of peritoneal dialysis. Use this guide to find out if home dialysis would work for you!

To find out more about the basics of PD and HD work, go to the Kidney School website at www.kidneyschool.org. To find out more about the types of home dialysis, go to the Home Dialysis Central website at www.homedialysis.org.

* Adapted from the Home Dialysis Central website, with permission from Medical Education Institute (MEI).

Method (Modality) Comparison Chart - Pluses (+)						
	CAPD	CCPD	Conventional HHD	Daily HHD	Nocturnal HHD	In-center HD
Less restrictive diet and fluids	+	+	+	+	+	
More dialysis to feel better	+	+	+	+	+	
Work-friendly treatment	+	+	+	+	+	
Puts you in charge	+	+	+	+	+	
You're not around sick people	+	+	+	+	+	
Fewer ups & downs	+	+		+	+	
Days off between treatments			+		+	+
Portable - take it with you	+	+				
Flexible - suits your schedule	+		+	+	+	
Available in every state	+	+				+
Needle-free treatments	+	+			+ [±]	
Have your days free		+			+	
Learn it in a week or two	+	+				+
Fistula likely to last longer			+	+	+	

Method (Modality) Comparison Chart - Minuses (-)						
	CAPD	CCPD	Conventional HHD	Daily HHD	Nocturnal HHD	In-center HD
Time needed to receive supplies	-	-	-	-	-	
Need to visit clinic 3 times a week						-
Supply storage space needed	-	-	-	- [§]	-	
Infection is a risk	-	-	-	-	-	-
Can affect body image	-	-	-	-	-	-
Weight gain from dialysate	-	-				
Limits swimming, tub bathing	-	-			- [±]	- [±]
Lack of privacy						-
A partner is needed			-	-	-	
Takes several weeks of training			-	-	-	
Plumbing/wiring may be needed			-	-	-	
Limited availability			-	-	-	
Clinics lose money on it				-	-	