



## Fact Sheet on Home Hemodialysis

In Standard Home Hemodialysis, you and a partner train for a few weeks and learn to do your treatments at home, three times a week – the “standard” schedule that is used in most dialysis clinics. At home you can choose to do longer treatments, or – much better – a treatment every other day. More dialysis is better. Standard Home Hemodialysis is also referred to as conventional home hemodialysis. Most clinics do require that you have a “helper” and you will need space for your chair, machine, water tanks (some machines) and supplies at your home.



### Training:

After your access is ready to use, you’ll have a few weeks of training. Your training nurse will teach you and your partner to:

- Set Up a Treatment Room
- Take Care of Your Access and put in needles
- Figure out how much fluid to remove
- Run and care for the dialysis machine
- Store and order your supplies
- Keep treatment logs
- Take your blood pressure
- Follow your diet and fluid limits
- Recognize and report any problems

A nurse will be on call if you need any help.

### Benefits of Standard Home Hemodialysis Dialysis:

- Flexible – plan your own schedule, keep your job
- Control – eat, drink and have visitors during treatment
- Time – fewer trips to the clinic
- Quality – dialyze longer to feel better
- Access – lasts longer when you put your own needles in
- Longer life – about twice as long as standard in-center HD

### Who is Best Suited for Standard Home Hemodialysis?

The most important factor in whether you are suited for standard home hemodialysis is **how much you want to do it.** As long as you or a partner can pass the training and learn to place your needles, you should be able to succeed.