








# ESRD Treatment Options Comparison Table



END STAGE RENAL DISEASE  
NETWORK OF TEXAS

What Treatment Option is Right for You?	 Eat & Drink More of What You Like	 Fewer Medications	 Work Friendly	 Sleep Quality	 Survival
<b>Standard In-center Hemodialysis (HD)</b>	Strict fluid and dietary limits. <sup>18</sup>	You may need to take more medications than any other treatment option. <sup>18</sup>	Time to recovery and treatment schedule can make it difficult to work. <sup>24</sup>	You may experience poor sleep quality. <sup>27</sup>	Five year survival rate for in-center hemodialysis is 40%. <sup>8</sup>
<b>Peritoneal Dialysis (PD)</b>	More liberal diet than with standard HD, but you consume extra calories from sugar in PD fluid. <sup>19</sup>	About half as many medications as standard HD. <sup>21</sup>	You may be able to keep working or go back to work. <sup>25</sup>	You may experience poor sleep quality. <sup>28</sup>	Five year survival rate for PD is 50%. <sup>8</sup>
<b>More Frequent Home Hemodialysis (MFHHD)</b>	May offer you the freedom to eat and drink more. <sup>10</sup>	You may be able to take fewer blood pressure medications. <sup>1</sup>	You may be able to keep working or go back to work. <sup>17</sup>	You may experience better sleep quality. <sup>14</sup>	Five year survival rate for more frequent HHD with NxStage is 58%. <sup>9</sup>
<b>Nocturnal Home Hemodialysis While You Sleep (NHHD)</b>	More liberal diet than any other dialysis options. <sup>13</sup>	You may be able to take fewer medications. <sup>1,22</sup>	You may be able to keep working or go back to work. <sup>17</sup>	You may improve symptoms of sleep apnea associated with chronic renal failure. <sup>29</sup>	Frequent nocturnal HHD has shown similar 5 year survivability as deceased donor transplantation. <sup>31</sup>
<b>Transplant</b>	You may experience very few dietary and fluid restrictions. <sup>20</sup>	You may likely have a reduction in overall medications but you will need to take anti-rejection drugs. <sup>23</sup>	You may be able to keep working or go back to work. <sup>26</sup>	Your sleep quality may improve. <sup>30</sup>	Best long term survival compared to other treatment options. <sup>8</sup>