



## Fact Sheet on Daily Home Hemodialysis

In Daily Home Hemodialysis, you and (most often) a partner train for 2 – 6 weeks and learn to do your treatments at home, 6 – 7 times a week. More dialysis is better. 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 Daily 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 – get more dialysis to feel better
- Access – lasts longer when you put in your own needles
- Longer life – survival may be about the same as a deceased donor transplant (3 X better than standard in-center Hemodialysis)

### Who is Best Suited for Daily 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.

Remember to compare all the advantages and disadvantages for each of the dialysis types so that you can find the treatment that works absolutely best for you!