

Do you know YOUR treatment options?

You may have wondered what types of treatments there are for kidney failure besides your current treatment type. Below is information on the four main types. If you are interested in finding out more information about treatments for kidney failure, talk with your doctor. You and your health care team can work to find the treatment type that is best for YOU!

There are many ways to treat kidney failure, and more than one treatment might be right for you. For more information go to www.kidneyschool.org. The BEST thing we can recommend is for you to talk with your doctor about how you feel and what treatments you are interested in.

Hemodialysis : Blood is removed from the body through plastic tubing and passed through a filter that removes waste products and extra water that build up. The “cleaned” blood is returned to the body through plastic tubing. Hemodialysis can be done at a clinic (in-center) or at home. Types of hemodialysis treatments include:

∞ *Standard hemodialysis*— treatments are 4-5 hours long, three treatments per week, in- center or at home

∞ *Nocturnal hemodialysis*—treatments are 8 to 9 hours long, three treatments per week, in-center or at home

∞ *Short, daily hemodialysis*—treatments are 2 or 3 hours 5 to 7 nights per week, usually done at home

PROS	← Home Hemodialysis →	CONS
Same person helps you with each treatment		You and your partner will need to be trained for your dialysis
You decide: when to have visitors, eat, etc		You need: room to store the machine and supplies
No traveling to and from the clinic and you can contact your social worker, dietitian or nurse by phone if needed		Less chance of meeting other people on dialysis
More control over your treatment and life (MORE independence)		May cause stress to your family or caregiver

PROS	← In-Center Hemodialysis →	CONS
Trained professionals there at all times		May not always be familiar with staff
Medical help is available quickly if there is an emergency		Must follow the rules of the dialysis unit
You can talk to other patients		Treatments are scheduled by the center
No machine maintenance or storage		Must travel to and from the dialysis center three times a week

Peritoneal Dialysis PD: A special fluid called dialysate is put in to the belly through a small tube. The fluid sits in the abdomen and “attracts” the waste products and extra water built up. After some time, the old fluid is drained out and new fluid is put in to the belly. This is called an exchange.

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PD Continued: The number of exchanges will vary based on patient schedules and can be done day or night. There are two ways to do peritoneal dialysis. CAPD is done during the day without a machine and CCPD is done during the night with a small, portable machine. Peritoneal dialysis is done at home.

PROS	← Peritoneal Dialysis →	CONS
PD can be done in many locations, travel is easier		Not all facilities offer PD
No needles		You have a catheter in your abdomen
May have fewer fluid and diet restrictions		Your belly size may increase because your abdomen is always filled with fluid
Training is easier than home hemodialysis and you usually don't need a partner		Everything must be cleaned during exchanges because of the increased risk of infection
Flexible schedule = more independence		You must store supplies
You can go about your routine		CAPD requires 4-6 exchanges per day
Medical help is available quickly if there is an emergency		Must follow the rules of the dialysis unit with other treatment modalities
CCPD: <ul style="list-style-type: none"> Dialysis done while you sleep Easily switch to CAPD while you are traveling 		CCPD: <ul style="list-style-type: none"> Use a machine at night Machine alarms may wake you up May require an extra exchange during the day time

Kidney Transplant: Another kidney is put in your body to take the place of the non-working kidney. Donated kidneys can come from A) a relative B) person whose organ has been donated upon their death C) living non-related donor D) paired donation.

PROS	← Kidney Transplant →	CONS
You may feel healthier and have more energy		Requires major surgery and the transplant may not last a lifetime
Frees you from dialysis		You may have to wait for a kidney
Fewer fluid/diet restrictions		Side effects from medications, including changes in how you look
Improved feeling of well being & feeling normal		Risk of infections
Able to work full time		You have to take costly medications daily

No treatment: You have the right to decide not to start or to stop treatment at any time. Speak with your family, friends, social worker and/or about this option.