

# Options for Dialyzing at Home



Dialysis can be done in a facility or in the home. There are two types of home dialysis: hemodialysis and peritoneal dialysis. Your healthcare team can help you decide which type of home dialysis treatment is best for you.

## Home Hemodialysis Dialysis

In hemodialysis, blood is pumped out of the body to a machine that acts as a kidney. The machine cleans the blood. The cleaning is called filtering. The blood is returned to the body after it is cleaned. Hemodialysis can happen in a facility. Or it can be done at home. It is done the same way wherever it takes place. When a person can get hemodialysis at home, that person's family or a friend can help. Your doctor will decide the length of your home treatments.

### There are three types of home hemodialysis:

- Standard home hemodialysis
- Daily home hemodialysis
- Nocturnal (night-time) home hemodialysis

### Getting started

A nurse will teach you how to safely perform dialysis treatments, run the machine, and order supplies.

He or she will come to your house, help you get a room set up, and will be there for your first home treatment to ensure that you feel confident.

Afterward, a nurse will be on call 24 hours a day, seven days a week to help you and answer your questions.

Talk to your healthcare team if you are interested in starting home hemodialysis.



***This picture shows a home hemodialysis machine at bedside.***



### Things to consider:

- Research your many options.
- Involve your care partner in the planning process.
- Consider where you can place home dialysis equipment and supplies in your living space.
- Discuss any questions with your healthcare team.

## Peritoneal Dialysis

Peritoneal dialysis uses the lining of the belly, or abdomen, to clean the blood. The lining of the abdomen is called the peritoneum. A catheter (tube) will need to be placed in your belly to perform peritoneal dialysis. A solution flows through a catheter into the abdomen. The lining of the abdomen acts as a filter. The lining removes waste products and water. Then the solution flows back out. The solution carries with it waste products and extra fluid.

### There are two types of peritoneal dialysis:

- Continuous ambulatory peritoneal dialysis (CAPD)
  - When the abdomen is filled and emptied with solution (dialysate), this is called an exchange. Each exchange takes about 30 to 40 minutes. The exchanges must be done every four to six hours.
- Automated peritoneal dialysis (APD)
  - A machine called a cycler delivers the solution into the abdomen. The cycler then drains it. This is done usually at night during sleep.



***This picture shows a cycler beside someone's bed. Bags of dialysate are also shown.***



### Things to consider:

- You can continue your activities while you dialyze.
- You can travel with your supplies.
- You will not need needles for the treatment.
- You may need to avoid underwater activities.

Talk to your healthcare team if you are interested in starting peritoneal dialysis. Your team will help you set up your training and arrange for a peritoneal catheter to be placed.

