

# Home Dialysis Treatment Options

## Peritoneal Dialysis (PD) ★ Home Hemodialysis (HHD)

As an alternative option to in-center dialysis, home dialysis offers improved health, better quality of life and the freedom to dialyze on your schedule.

### Here's why you may want to consider home dialysis:

- ✓ Fewer visits to the dialysis center
- ✓ Better control of your blood pressure
- ✓ No weather-related travel worries, since treatments are done at home
- ✓ Less stress on your heart and less recovery time after treatment
- ✓ Ability to work or continue school
- ✓ More flexible scheduling in your dialysis and daily life
- ✓ Fewer diet restrictions
- ✓ More energy for daily tasks
- ✓ Ability to travel
- ✓ One-on-one training by a nurse until you are comfortable with dialyzing at home
- ✓ 24/7 Support from your clinic—either at the facility or by phone

### HOME DIALYSIS BENEFITS HIGHLIGHTS

#### ★ Portable...

Take it with you

#### ★ Flexible...

Choose treatment times that fit your needs and lifestyle

#### ★ Freedom...

Eat and drink more of what you like

#### ★ Kidneys...

You may retain remaining kidney function longer than with standard hemodialysis

#### ★ Energy...

Get more dialysis and feel better

#### ★ Control...

Eat, drink, and have visitors during treatments

#### ★ Access...

Lasts longest when you put in your own needles

#### ★ Survival...

You may live just as long as if you received a deceased donor kidney transplant

#### ★ Health...

Have fewer and shorter hospital stays

#### ★ Needle-free (PD only)...

A PD catheter is used for PD treatments

Learn more about home dialysis and find the treatment option that best suits your needs and lifestyle.

- Talk to your healthcare team to learn more about home treatment options and find out if home dialysis is right for you.
- Visit Home Dialysis Central (<https://homedialysis.org>).
- Explore centers that offer home training in your area by visiting <https://www.medicare.gov/dialysisfacilitycompare>



To file a grievance, please contact us:

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