

MY CHOICE, HOME HEMODIALYSIS (HD)

Myths

vs.

Reality



You won't have any experts at home to help you out.

You will learn to be an expert, and your facility provides 24-hour phone backup. Help will always be nearby.

You could bleed to death very quickly.

Machine alarms alert you if just one drop of blood is out of place. You will have time to react and fix the problem. No one has ever bled to death on home hemodialysis.



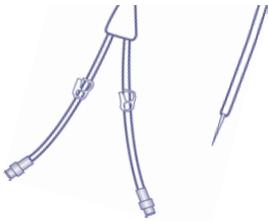
Home HD is a huge burden for a care partner.

It is best if YOU do as much of your treatment as you can. Some people perform home HD without a care partner.



A home HD care partner needs to have a medical background.

No medical background is needed. The clinic will train you and your care partner, if you have one.



You can't do Home HD with a dialysis catheter.

Some programs will let you do home HD with a catheter. However, due to the high chance of infection with a catheter, it is best to trade your catheter for an access in a blood vessel, if you can.



Your house has to be perfectly clean at all times.

Unless you are a hoarder, your home is probably cleaner than the clinic. There are many people with lots of germs coming in and out daily at the clinic. Clinics have many germs.



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Adapted from Northwest Renal Network (Network 16) and Heartland Kidney Network (Network 12).
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You can't do home HD in an apartment.

Talk to the home training nurse, then talk with your landlord. You might be pleasantly surprised.



With home HD, you still have to follow the same schedule you had at the dialysis center.

No, there are many different schedules that can be set up for you at home, like short daily dialysis or extended dialysis. Remember, you don't have to wait for a chair.



You can't do HD at home if you are noncompliant in the dialysis center.

Each individual will be evaluated, but people with a high need to control situations may actually do better at home.



When you do HD at home, you can eat and drink whatever you want.

There are still limitations on your diet and fluid intake, but you have more choices. Your dietitian will guide you.



Once you are trained, you can do dialysis at home—right from the start.

Not right away. There needs to be time for evaluation and practice. Everyone is different, and staff must be convinced that you're truly ready to begin on your own.



There is a long waiting list to learn how to do HD at home.

The wait varies among facilities offering home programs. Ask your nurse about what to expect.



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To file a grievance, please contact us:

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