

Kidney Failure: What are my treatment choices?

HEMODIALYSIS cleans your blood using a machine to get rid of harmful wastes and extra water in your body. You can get hemodialysis treatment in a dialysis center or at home.

PERITONEAL DIALYSIS is another way to get rid of wastes and extra water in your body. This type of dialysis uses the lining of your abdomen, or belly, to clean your blood.

KIDNEY TRANSPLANTATION places a healthy kidney from another person into your body through surgery. The donated kidney does the work that your failed kidneys can no longer do.

Find the best choice for YOU!

Here are things to consider when choosing the treatment option that will help you stay active and productive. Be actively involved with your care team in discussing treatment choices.

- ✓ Ask your care team:
 - About the different types of treatment.
 - About training classes to help you better understand what each procedure involves.
 - If your health or other factors limit your choices.
- ✓ Make a list of your pros and cons for each treatment option.
- ✓ Think about the kind of support system you would need for each type of treatment.
- ✓ Find out what your insurance covers, and determine what your out-of-pocket costs will be.
- ✓ Look for facilities that provide the kind of treatment you want.
- ✓ Remember, you can always get a second opinion from a nephrologist or member of your dialysis care team.
- ✓ You can find more information on the Dialysis Facility Compare website www.medicare.gov/dialysisfacilitycompare/



Contact the ESRD NCC for additional resources and to connect with your local ESRD Network for support.



End Stage Renal Disease National Coordinating Center

website: www.esrdncc.org • e-mail: nccinfo@hsag.com



www.facebook.com/esrd.ncc



@esrdncc



Prepared by the National Patient and Family Engagement (N-PFE) Learning and Action Network (LAN), under the ESRD NCC. The ESRD NCC gratefully acknowledges HSAG: The Florida ESRD Network and National Institute of Diabetes and Digestive Kidney Diseases (NIDDK) as sources for development of the content used in this resource. For more information visit: <http://www.niddk.nih.gov/>.

This material was prepared by the End Stage Renal Disease (ESRD) National Coordinating Center (NCC) contractor, under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services under CMS contract: HHSM-500-2013-NW002C; and was adapted by the contractor under CMS contract #: HHSM-500-2016-00007C. The contents presented do not necessarily reflect CMS policy nor imply endorsement by the U.S. Government. Publication Number: FL-ESRD NCC-7N1T02-09022016-19