

# Consider Your Dialysis Choices: Choosing the right option for you!

Choosing a treatment option for your kidney failure is a personal decision. It is important that your choice supports your lifestyle and values. The right treatment for you depends on these factors and on your medical condition.

**Learn more about your dialysis options to choose the treatment that's best for YOU!**

This tool will help you review the different dialysis options that may work for you and what you may need to consider.

**Would you like other resources to help you make this choice?**

Please visit the "My Life, My Dialysis Choice" online tool offered by Medical Education Institute, Inc. (MEI) to help you learn more about available dialysis treatment options.

Visit: <http://mydialysischoice.org/>

You may also want to consider kidney transplantation as an alternative to dialysis. Visit the ESRD NCC website at <http://esrdncc.org> to learn the facts about transplant and what the process involves.



# Home Hemodialysis (HD)

## Why it may work for you:

- Allows more independence and control of treatment and life choices.
- Permits more frequent or longer treatments than can be provided with in-center dialysis. This can lead to more waste products being removed and better lab results.
- You don't have to travel to a center to receive treatment.
- Many patients say they have more energy after treatments compared to how they feel after in-center dialysis.
- Dialysis staff members are available to answer questions on the phone.
- May make it easier to return to work or school.
- Allows you to travel. Supplies can be shipped to you anywhere in the United States, and the machine can go on an airplane.
- If you can learn to drive a car, you can learn to perform treatment at home.

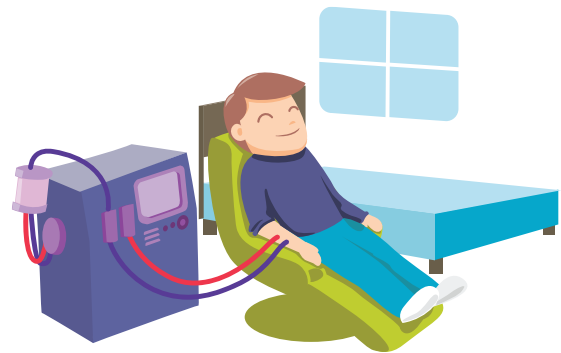
## What you may need to consider:

- Training is required and more involvement in your own care is necessary.
- You might need a care partner to help you with the treatments, depending on the procedures in your area, i.e., state regulations, program guidelines or facility rules. You can speak with your social worker to discuss available options.
- If you have a fistula or graft, you or your care partner will have to put in your needles.
- You'll need storage space for supplies.
- You may need to upgrade the existing plumbing and/or electrical outlets in your home to meet requirements for the machine.

- You will need to attend monthly clinic visits to review your treatment plan.
- Your monthly utility bills could increase, based on additional water and electric usage; you might want to check with your center regarding any additional expenses.
- Some programs will not allow you to have pets in your home.

## Nocturnal Option:

- Takes place while you sleep.
- Could limit your sleeping position.
- Uses time you sleep for treatment; freeing your days.
- May allow you to return to work or school full time.
- May have fewer diet restrictions and possible improved labs with the additional hours available for receiving treatment.

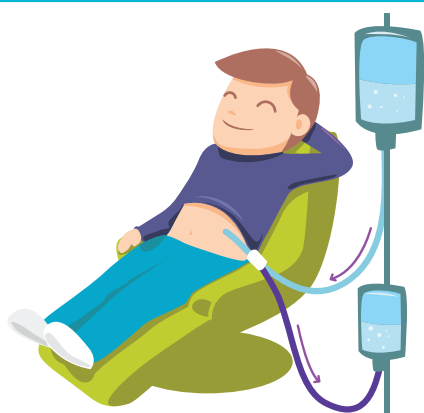


- ◇ Would you like to fit dialysis into your schedule?
- ◇ Would you prefer to stay home for treatment or go to a dialysis center three times a week?
- ◇ Do you want the control of delivering your own treatments?
- ◇ Is travelling important to you?

# Peritoneal Dialysis (PD)

## Why it may work for you:

- Allows more independence and control of treatment and life choices.
- Your own body, not a dialyzer, cleans your blood.
- Needles are not used; your blood does not leave your body.
- You don't have to travel to a center to receive treatment; could be performed at your location, i.e, home, school, or work.
- Many patients say they have more energy after these treatments compared to how they feel after in-center dialysis.
- Dialysis staff members are available to answer questions on the phone.
- You decide how to fit your exchanges in to your day or night schedule.



- ◇ Would you rather have a treatment without using needles?
- ◇ Would you like to fit dialysis into your schedule?
- ◇ Would it disrupt your life if you weren't able to participate in underwater activities?
- ◇ Is travelling important to you?
- ◇ Do you want the control of doing your own treatments?

- May make it easier to return to work or school.
- You may have less diet restrictions than with in-center dialysis.
- Allows you to travel. Supplies can be shipped to you anywhere in the United States.

## What you may need to consider:

- You must do it every day from your home.
- Training is required.
- You'll need storage space for supplies and enough space to do the therapy.
- A tube will be inserted into your belly, also known as your peritoneal space.
- You may have concerns about body image because you will have fluid and a catheter in your belly.
- You may be more likely to get an infection in your belly.
- You will need to attend monthly clinic visits to review your treatment plan.
- You may need to avoid underwater activities.
- Some programs will not allow you to have pets in your home.

## Nocturnal PD:

- Most shifts start in the evening hours and go into the night.
- Treatments take place during hours when you may normally be sleeping, freeing up daytime hours.
- Requires a machine called a cycler.
- May better allow you to work or go to school on a full-time basis, since your days are free.
- May have fewer diet restrictions with the additional hours available for receiving treatment.
- Possibly limits your sleeping position.

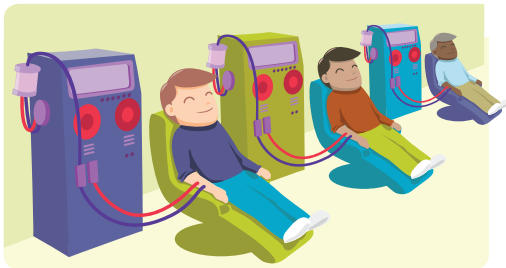
# In-Center Hemodialysis (ICHD)

## Why it may work for you:

- You have professionals with you at all times.
- Does not require training on how to do treatments.
- Does not require the help of a care partner.
- Does not require storage of supplies.
- May allow you to interact with other patients who are going through similar experiences.
- Dialysis centers are widely available.

## What you may need to consider:

- Needles need to be placed for your fistula or graft at every treatment.
- You may require a rest after each treatment.
- You may need to provide your own transportation to and from the dialysis center.
- The number of treatments and schedule for treatments are fixed; you may have difficulty picking your treatment schedule.



## In-Center Nocturnal:

- Usually takes place during the evening hours, you may sleep during treatment.
- May allow you to work or to go to school on a full-time basis, since your days are free.
- May have fewer diet restrictions and possible improved labs with the longer hours of treatment.
- Your position during sleep will be limited and your sleep may be disrupted in the clinic setting.
- Limited number of dialysis centers with in-center nocturnal programs.

- ◇ Would it be difficult for you to complete the training required for peritoneal or home dialysis?
- ◇ Is it better for you to receive treatment in a center?
- ◇ Would this be easier for your family and those who care for you?
- ◇ Would you like professionals around during your treatments to take care of you?
- ◇ Would you like to be around other people going through the same thing?

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## End Stage Renal Disease National Coordinating Center

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