

Home Hemodialysis

Home Hemodialysis (HHD) is a treatment that you can do independently or with a care partner in the comfort of your own home.

About Home Hemodialysis (HHD)

HHD is dialysis treatment that you and a dialysis care-partner can learn to do independently under the supervision of your dialysis team in the comfort of your own home.

During home hemodialysis (like in-center dialysis), your blood is filtered outside of your body through an artificial kidney or “dialyzer”.

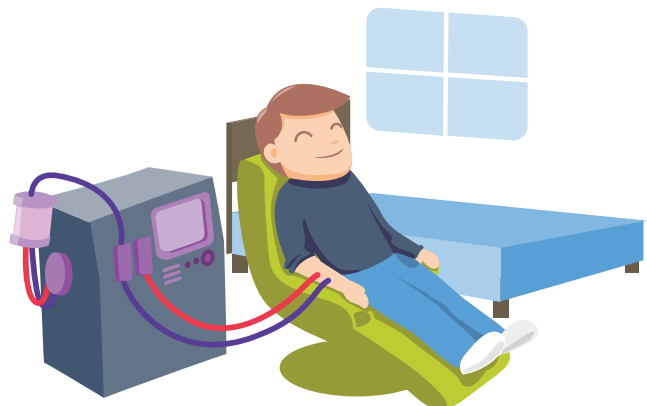
The “dialyzer” cleans your blood by getting rid of the waste products and toxins that your own kidney can no longer remove. After your blood is cleaned it is returned to your body.

HHD Training and Other Considerations

- All training is individualized to meet each patient’s specific needs. Training time varies and may take from approximately 4-6 weeks.
- You will train with your nurse until you can safely perform your treatments at home.
- You will need to find a space with good lighting and a comfortable chair where you can complete your treatments.
- You will need space for your supplies.
- You will need to connect to a water source and have a drain nearby.

Benefits of More Frequent HHD

- Improved sleep
- Fewer blood pressure medications
- Less stress on your heart
- Improved appetite
- More likely to receive a transplant
- More energy

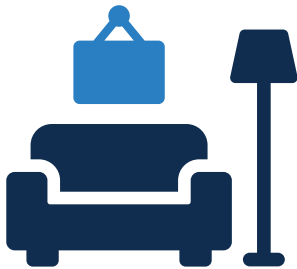


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Other Benefits

- Travel – take dialysis with you or have supplies and equipment shipped.
- No longer dependent on clinic schedules.
- Continue to work, attend school, or participate in social activities.
- Save time spent traveling back and forth to clinic 3 times a week.



Getting Ready for HHD

- You will need a vascular access to do home hemodialysis.
- Your home training nurse will complete a home visit prior to starting to make sure you have a safe treatment area that is appropriate.
- Training is best when you have a partner for support. It can be done alone with additional training and safety devices with your kidney doctor's approval.

Home Hemodialysis allows you the freedom to take back control of your health and your life!

There is always a potential risk of infection with any dialysis treatment. Speak with your kidney doctor and nurse to learn more about the benefits of HHD.