

# HOME HEMODIALYSIS

Home hemodialysis (HHD) works just like in-center treatment but offers the flexibility of performing hemodialysis at home. HHD patients can schedule their treatments to suit their daily routine rather than attending an appointment in a dialysis unit. Treatments can occur day or night. Individuals who live alone can learn to dialyze independently at home.

## TWO TYPES OF HHD

Home hemodialysis patients may utilize different types of dialysis devices, depending upon their needs and where they live. While machine sizes and water treatment systems may differ, space requirements in your home are the same. HHD can be done during the day or at night while you sleep.

## HHD TRAINING

Training time varies for each patient; typically, training sessions are four to five hours per day, three to four days per week over four to six weeks.

In-center dialysis patients interested in HHD can learn to insert their own needles or connect their dialysis catheter to the machine during clinical treatments. Patients new to dialysis can also choose to learn HHD as their initial choice of modality, rather than starting in-center treatments.



## HHD BENEFITS

- Flexibility
- Done at home, either day or night
- Fewer dietary and fluid restrictions
- Longer and more frequent treatments can help manage high blood pressure and prevent congestive heart failure.
- Decreased use of blood pressure medications and phosphate binders
- Some portable HHD equipment may allow for travel.

## GETTING STARTED

The home care team will support you during and after training. Your team includes your nephrologist, social worker, home dialysis nurse, biomed technician, dietitian and administrative assistant. Rather than coming to the dialysis center three times a week, HHD patients usually have one monthly visit. Sometimes, this can be a telehealth visit.

You will learn how to cannulate your access and operate the machine, draw monthly lab samples, administer medications and handle common problems. HHD patients may utilize our live remote-monitoring program via a home internet connection.



## WHAT'S NEXT?

To learn more about home hemodialysis, or speak with a patient already dialyzing at home, ask your care team to schedule an in-person or virtual meeting with the home dialysis nurses. We are here to be a resource for you as you explore your dialysis options.

