



Home Dialysis

Helping you make the right choice



The Kidneys Roles

The kidneys are two bean shaped organs located in your lower back, laying on either side of your spine.

Your kidneys do a lot of important work, some of which includes

- Fluid balance;
- Filtering waste and toxins;
- Balancing nutrients; and,
- Making hormones important in controlling: bone health and blood pressure.

As your kidney disease progresses, often the ability of your kidneys to do their job declines. Once a certain level of kidney failure is reached, renal replacement therapy with dialysis, may be required to replace the work not being done by the kidneys.

How to get Dialysis

There are three ways to get your treatment:

1. In-center Hemodialysis.
2. Home Hemodialysis.
3. Peritoneal Dialysis.

Both Home Hemodialysis and Peritoneal Dialysis can be done by you or your caregiver, in your own home.

Hemodialysis

Hemodialysis (also known as HD) can be done in your own home, on a flexible schedule.

For HD you need to have an access site created to make a connection to the hemodialysis machine.

You may have one of two types of access.

1. A fistula [preferred].
2. A central line.

Fistula

- Day surgery procedure to make an incision (usually at the wrist) to join an artery to a vein.
- Once created, there is an approximate six to seven week healing time before the fistula can be used for dialysis.

Central Line

- Inserted in the interventional radiology department; usually located in the upper chest.
- Can be used immediately.

Please have the discussion with your primary care provider on which type of dialysis access will work best for you.

Benefits of Home Based Hemodialysis

	In a health care facility	At home
Flexibility	On average; three treatments a week for four hours per treatment. Monday, Wednesday, Friday; or Tuesday, Thursday, Saturday.	Flexible. Three to seven long or short treatments per week at times that work best for you.
Machine and Supplies	Supplied and located in the dialysis centre.	Machine and all essential supplies are provided.
Freedom	Less freedom on treatment days.	More freedom because you set the treatment schedule to meet your individual ordered prescription.
Required Work	Dialysis staff perform all work required for your treatment.	You and/or your care partner must: <ul style="list-style-type: none">• set up, run, and clean the machine;• check vital signs;• record the treatment data;• draw and deliver the bloodwork to the lab; and,• order supplies.

Flexibility. Independence. Convenience.

Training for Home Hemodialysis is typically five to eight weeks, dependent on the learning needs of the person(s) being trained.

All essential HD equipment and supplies are provided.

You will be provided with a 24-hour technical support and will

have routine contact and follow up with your primary care nurse. There will be a member of the health care team accessible by telephone at all times.

Contact Information

If you have any questions or concerns, please reach out to your dialysis care provider.