



Home Dialysis Options PD/HD Patient Information

Helping you make the right choice

Treatment Options

There are three ways to get your treatment:

1. In-centre hemodialysis
2. Home hemodialysis (HD)
3. Peritoneal dialysis (PD)

You, or your caregiver, in your own home, can do home hemodialysis or peritoneal dialysis.

Peritoneal Dialysis

You can perform peritoneal dialysis in the comfort of your own home and it can be done during the day or night (while you sleep).

The two (2) treatment options for peritoneal dialysis are CAPD and ADP.

CAPD (Continuous Ambulatory Peritoneal Dialysis):

This form of PD is done manually four times each day at breakfast, lunch, supper and at night. Each treatment will take about 30 minutes.

APD (Automated Peritoneal Dialysis):

This form of PD is done at night using a machine cycler. You connect to your cycler at night and the cycler will perform the treatment while you sleep. When your treatment is done in the morning, you disconnect from your cycler, until your next treatment, the next night.

In order to do PD you need to have a catheter (tube) surgically inserted (in day surgery) in your abdomen.

To do your treatment a dialysis solution will flow into your catheter and will stay in your abdomen. The solution will sit and work to remove all the solutes, wastes, and fluid that your body does not need. Then, after hours of sitting in your abdomen, it is drained through your catheter. The fluid drained through your catheter now contains the waste that could not be filtered or cleaned by your kidneys.

Home Hemodialysis

You can perform hemodialysis in the comfort of your own home and it can be done at day or at night (while you sleep).

To do hemodialysis you need to have an access created or inserted. The two most common types of access are:

1. **Fistula** - a fistula is surgically created by joining an artery and a vein together in your arm.
2. **Catheter** - a catheter (tube) is inserted into a large vein, typically located in your chest.
3. With hemodialysis there is flexibility in the number of treatments per week, and the amount of hours per treatment.

For example, some patients may prefer to do four treatments per week at three hours per treatment, and some patients may prefer to do three treatments per week at four hours per treatment. Both patients are still receiving 12 hours of treatment per week.

Once the patient is connected to the machine through their access, the machine will filter and cleanse the blood through the machine's artificial kidney. After the treatment is complete, the patient can disconnect from the machine until the next treatment is due.

Benefits of Home Dialysis

There are many benefits of home dialysis, some of which include:

- Convenience
- Increased quality of life
- Being an advocate for your own health
- Less dietary and fluid restrictions
- Better control of blood pressure, phosphorus, and anemia
- Less hospital visits
- Having a multidisciplinary team and dedicated primary care nurse to oversee your treatment
- More time at home

Flexibility. Independence. Convenience.

- Flexibility to choose and adapt your own schedule to fit your work, family, and social life
- Can be done while you sleep
- All training and equipment (machine and essential supplies) are provided

Who is eligible?

If you can tie a shoe, button a shirt, or drive a car, you can be considered for home dialysis therapy.

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