

# Preparing for Home Hemodialysis

"If you have selected home hemodialysis as a treatment option for your kidney disease, this information sheet helps you prepare to begin home hemodialysis."

## Making the Transition

Home hemodialysis allows patients to enjoy a greater sense of independence and freedom over in-center dialysis. There are many health benefits of dialyzing more frequently, like better control of your blood pressure and feeling less tired. With the greater sense of independence also comes a greater degree of responsibility for your own care.

Good preparation, open communication and a flexible attitude will help make this transition easier so that you can begin to feel the benefits of home hemodialysis.

## Preparing Your Home

Your dialysis team will help you assess your home and determine what updates are needed. You will also need to decide where you will perform your dialysis treatments, learn how to clean and prep the treatment area, and identify a space to store your equipment and supplies.

## Working with Your Care Partner

If you have chosen home hemodialysis, you will also need to designate a care partner who can help you with your dialysis treatments. Both you and your care partner will go through training over several weeks to make sure that you both feel comfortable performing your dialysis treatments. This training usually lasts a minimum of three weeks, but can last up to six to eight weeks, if needed. When working with your care partner, it is important to keep the lines of communication open and to treat each other with respect. Work together to balance other priorities, such as home and family commitments.

## Working with Your Care Team

When you transition to home hemodialysis, you may be afraid that you will be all alone with your dialysis treatments. Not only will you have access to your nurse 24 hours a day, seven days a week for any questions or support you may need, your dialysis machine manufacturer provides round-the-clock technical support. Working with your entire dialysis care team will help you feel your best and enjoy a better quality of life. Your kidney doctor (nephrologist), dialysis nurse, dietitian and social worker are all there to support you. You will have monthly check-ups at your dialysis center to make sure that everything is on track. In addition to your designated care partner, your immediate family or perhaps your closest friends are an important part of your care team. Aside from providing emotional support, they may be able to help you adjust your schedule and your responsibilities so that you and your care partner can find the right sense of balance in your lives and live life to the fullest.

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