

Understanding Home Hemodialysis

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If you already have a basic understanding of dialysis and want to learn more about home hemodialysis, this patient information sheet provides a basic overview of home hemodialysis.

What is home hemodialysis?

Like in-center hemodialysis, home hemodialysis (HHD) uses a man-made filter called a dialyzer to replace lost kidney function. With home hemodialysis, patients with chronic kidney disease cleanse the blood of extra wastes and fluids using a dialyzer connected to an access point in your arm. This treatment option allows patients to perform longer or more frequent treatments, which can help patients enjoy a better quality of life and better manage their kidney disease.

Home hemodialysis types

There are several types of home hemodialysis:

- Short daily home hemodialysis – typically done five or six times a week for two to three hours per session.
- Traditional home hemodialysis – similar to in-center hemodialysis. Typically done three times a week for four hours per session.
- Nocturnal home hemodialysis – typically done overnight three to six times a week for eight hours at a time. Often leads to better lab results and fewer medications needed.

Treatment Considerations

- Treatment schedule can be tailored to meet your specific condition and lifestyle.
- Requires a dedicated care partner to assist you in your treatments.
- Requires surgery to create an access point in your arm to insert the needles needed to allow blood flow between your body and the dialyzer.
- Must be willing to undergo training with your care partner to learn how to use equipment and supplies, and to keep access point clean and free of infection.
- Requires space to store equipment and supplies in your home.
- Requires installation of water filtration system to make home water supply ultra pure to meet dialysis standards.



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- Allows you to continue working if you are doing so now or may give you the energy to start working again if you have ceased working.
- Allows mild to moderate forms of exercise such as walking, yoga, bicycling, and golf. May also allow high-impact exercise, such as weight lifting, hiking, swimming and running, depending in your condition.

Benefits

- More flexible diet
- Independence and freedom with schedule
- Fewer side effects
- Direct shipment of supplies to home or travel destination