



# TYPES OF HOME HEMODIALYSIS

## TREATMENT

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For all treatment types, there will be equipment and supplies in your home. There may need to be electrical and water modifications made to do the treatment in your home.

As you gain confidence during your training you can make the decision on what type of home hemodialysis works for you. Your healthcare team will help you decide which option is best for you based on your lab values, blood pressure, dialysis prescription needs and most importantly your lifestyle.

***The many options for hemodialysis are listed on the back of this module.***

# TYPES OF HOME HEMODIALYSIS

Option	Description	Benefits	Drawbacks
<b>Conventional Dialysis</b>	Three times per week, usually four hours. This can be performed anytime, including overnight.	Less weekly time commitment. You will have a predictable schedule.	More likely to have dialysis side effects - low blood pressure, cramping, extended recovery time, more fluid and diet restrictions, increased utility costs. Will need a partner with this type of home hemodialysis.
<b>Intermittent Dialysis</b>	Every other day - usually 4 hours or overnight.	No two day lapse in treatment, will decrease the build-up of fluid and wastes. This will make you feel better.	Increased utility costs.
<b>Short Hour Daily Dialysis</b>	6-7 times per week, 2-3 hours during awake hours.	Feel better, more energy, less dietary and fluid restrictions, possibly less medications, rare dialysis side effects, minimal recovery time, increased waste clearance.	Takes up more free time during awake hours and increased utility costs.
<b>Frequent Nocturnal Dialysis</b>	5-7 times per week, 6-9 hours (sleep time).	Feel almost "normal" more energy, less medications, liberal diet and fluid intake, rare dialysis side effects, no recovery time, easier on your heart and body, the most waste clearance of all dialysis options and days are free.	Increased utility costs.

**About the Chronic Kidney Disease Vascular Access Fact Sheets:**

This Fact Sheet was created by the Ontario Renal Network ("ORN"), a work unit within Cancer Care Ontario ("CCO"), in collaboration with the Provincial Vascular Access Working Group ("PVAWG") to provide patients with standardized educational material about Catheters. This Fact Sheet is to be used for informational purposes only. This Fact Sheet is not a substitute for medical advice. This Fact Sheet may not include all relevant information and is not an exhaustive resource. Always consult with your healthcare provider if you have questions or concerns. The information in this Fact Sheet does not create a physician-patient relationship between CCO/ORN/PVAWG and you.

**Need this information in an accessible format?**

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