

# Home Based Dialysis Options



## Peritoneal Dialysis

- ✓ Preserves remaining kidney function
- ✓ No fluid restrictions
- ✓ Can dialyze during the day (4x day) with a simple procedure (takes 30 min) OR overnight which allow free days and a flexible schedule
- ✓ Can travel
- ✓ No need to come to a hospital or clinic 3 x week for treatment (no commuting , parking or waiting)
- ✓ It is easy to set up and take down (20 min to set up and 10 min to clean up)
- ✓ One on one training with a nurse (1-2 weeks)
- ✓ Easy to learn
- ✓ 24 hour machine and nursing telephone support
- ✓ Full medical support including:  
Nephrologists, Nurses, Dieticians, Social Workers, Pharmacists – Clinic visits every 3 months
- ✓ Excellent delivery service of dialysis supplies



## Home Hemodialysis

- ✓ Use less medications
- ✓ People feel better with more dialysis
- ✓ Unrestricted diet (when dialyzing >24 hours/week)
- ✓ No fluid restrictions
- ✓ Can dialyze overnight or on your own schedule (3-6 treatments/week)
- ✓ No need to come to a hospital or clinic 3 x week for treatment (no commuting, parking or waiting)
- ✓ Control of needling using buttonhole techniques (no or little pain)
- ✓ Typical set-up/take down time (up to 1 hour to set up and 30 min to clean up)
- ✓ Can swim or bathe with AVF (Arteriovenous fistula)
- ✓ One on one training with a nurse (3 days a week for 6-8 weeks)
- ✓ 16 hours /day machine and nursing telephone support
- ✓ Full medical support including:  
Nephrologists, Nurses, Dieticians, Social Workers, Pharmacists – Clinic visits every 1-3 months
- ✓ Excellent delivery service of dialysis supplies

You are not alone with this decision  
please contact: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Email: \_\_\_\_\_

# Home Based Dialysis Options

## *Things to consider about Peritoneal Dialysis*

- Will need convenient storage space (50 boxes)
- Will need to have clean technique to prevent infections
- Ability to lift supplies (5-12 lbs)
- Some dietary limitations (salt and phosphorus foods)
- Extra garbage
- If a machine breaks down it will be replaced in 24 hours
- Swimming or taking a bath is not advisable
- Some restrictions on travel will need 2 months notice

## *Things to consider about Home Hemodialysis*

- Will need convenient storage space (10-15 boxes)
- More complicated than Peritoneal dialysis
- Will need to have clean technique to prevent infections
- Ability to lift supplies (5-10 lbs)
- Traveling for long periods (more than a weekend) is challenging
- Some dietary limitations (salt)
- If the machine breaks down it will be repaired in 24 hours
- Extra garbage and recycling
- Some additional costs: Electricity and water bills (20 -50 dollars a month - can write off on taxes)

*More information regarding home based dialysis therapies can be found from the BC renal agency at: [www.bcrenalagency.ca](http://www.bcrenalagency.ca)*

*The Kidney foundation has peer support groups and can be found at: [www.kidney.ca](http://www.kidney.ca)*