

My Choice, Home Dialysis

MYTH VS. REALITY

Hemodialysis (HD)

MYTH

You won't have any experts at home to help.



REALITY

You will learn to be an expert. Plus, your facility serves as 24-hour phone backup. You will always be near help.

You could bleed to death very quickly.



Machine alarms alert you to the detection of just one drop of blood out of place. You will have time to react and fix the problem. No one has ever bled to death on home HD.

Home HD is a huge burden of extra work for a care partner.



It is best if YOU do as much of your treatment as you can. Some people do home HD without a care partner.

A home HD care partner needs to have a medical background.



Nope. The clinic will train you and a partner (if they require one). No medical background is needed.

You can't do home HD with a dialysis catheter.



It is best to trade your catheter for blood vessel access due to higher infection chances. Some programs allow home HD with a catheter.

Your house has to be perfectly clean at all times.



Your home does not have to be perfectly clean to perform HD at home.

You can't do home HD in an apartment.



Talk to the home training nurse, then talk with your landlord. You might be pleasantly surprised.

If you do HD at home, you must follow the same scheduled days of the week.



Many different schedules are available and can be arranged at home. For instance, short daily dialysis or extended dialysis. Remember, you don't have to wait for a chair.

You can't do HD at home if you are non-compliant in the dialysis center.



Each individual will be evaluated, but those with a high need to control situations, may actually do better at home.

With home HD, you can eat and drink whatever you want.



Dietary and fluid intake limitations remain in place, but you have a bit more "wiggle-room" with your limits and choices. A dietician can help.

You can't get training to do your dialysis at home right from the beginning.



There must be time for evaluation and practice. Everyone is a little different, and staff and patient must be comfortable with your skills.

There's a long waiting list to learn how to do HD at home.



This varies among facilities offering a home program. Ask your nurse to be certain.

**Icons courtesy of Vecteezy.com*

