



## Home Dialysis Myth Busters

Have you ever thought that it might be nice to do dialysis at home? There are lots of myths about what you can and cannot do when it comes to home dialysis. It is important to have the facts about home hemodialysis (HD) and peritoneal dialysis (PD). Check out these myths and facts so you can decide if home is a good choice for you. Then talk with your care team to get started.

| Myth   | Fact   |
|--|--|
| If I decide to do home dialysis, it will cost me more money than if I stayed at the dialysis clinic. | Not at all! Both Medicare and private insurance cover the cost of home dialysis.   |
| I would not have any experts to help me at home.   | You'll learn to be an expert—and the clinic has 24-hour phone backup. You always have help.  |
| My house has to be perfectly clean.  | Your home does not have to be spotless, but you will need a clean space to do your dialysis. Your care team will teach you the steps.        |
| I will get an infection if I go on PD!   | Peritonitis can be prevented, and is rare in good PD clinics (~ once every 7 years). Your PD team will teach you how to keep infection away. |
| You have to get rid of your pets to do PD.   | Lots of people who do PD have pets. Just make sure to clean well and keep them out of the area when you connect and disconnect.              |
| If I have had abdominal surgery, I cannot do PD.   | Simple abdominal surgeries – like transplant, C-section, or hernia repair – do not prevent PD.   |
| If I have vision or hearing impairments, I cannot do PD.   | There are tools to help with most PD tasks. People with vision and hearing problems can still do PD!   |

| Myth  | Fact  |
|---|---|
| I cannot do PD if I'm overweight.   | A presternal catheter may be a better choice than an abdominal one, but PD can be done.   |
| I would need a lot of space to do PD.                                     | There are patients who live in smaller homes who do PD. Supplies can be sent in smaller amounts, so less storage is needed.       |
| You can't do PD if you're "non-compliant" in-center.                      | Yes, you can! Patients who like more control of their care may do better at home with PD than in-center.                          |
| I could bleed to death on Home HD!  | Alarms are used to detect even one drop of blood. You have time to react. Your HD team will train you on what to do if you bleed. |
| I could not do home HD with a catheter.                                   | It is best to get rid of a catheter if you can. Some programs will let you do home HD with one.                                   |
| I cannot do home HD in an apartment.                                      | Talk to the home training nurse, then ask your landlord. You just might be pleasantly surprised.                                  |
| If I decide to do home dialysis, I think my home will need to be rewired. | The required electrical work is simple and can often be done sometime during the training.  |
| Home HD is a huge burden for a care partner.                              | It's best if YOU do as much of your treatment as you can. Some people do home HD without a partner.                               |
| A home HD care partner needs to have a medical background.                | No. The clinic will teach you and a partner (if they require one). No past medical training is needed.                            |

For more information or to file a grievance, please contact:

ESRD Network 10  
 911 E. 86th St., Ste. 30  
 Indianapolis, IN 46240  
 Toll-Free: 800-456-6919

ESRD Network 12  
 2300 Main St., Ste. 900  
 Kansas City, MO 64108  
 Toll-Free: 800-444-9965

