

# My Choices: Types of Hemodialysis



When choosing treatment options for kidney failure, please keep in mind that every patient is unique and will have different requirements. Your decision depends on your medical condition, lifestyle, and personal likes and dislikes. You will need to review the treatment options with your healthcare team in order to decide on the right option for you. There are three different options currently available for hemodialysis: in-center, nocturnal and home.

## Home Hemodialysis

### Advantages

- Dialysis staff available on phone to answer questions
- Flexible – but must follow doctor's orders
- You do not have to travel to a center.
- Allows more independence and control of treatment and life choices
- No transportation consideration for dialysis

### Disadvantages

- Training is required
- Need for a helper
- Adequate storage space
- Monthly clinic visits to review treatment plan
- Plumbing and electrical

## In-center Hemodialysis

### Advantages

- Facilities are widely available
- You have professionals with you at all times
- You get to meet other patients

### Disadvantages

- You must travel to the center
- Treatment schedules are fixed
- You must follow clinic rules/restrictions

## Nocturnal Hemodialysis

### Advantages

- Takes place at home or in-center
- Takes place while you sleep
- Less stress on the heart
- Less cramping
- Fewer episodes of low blood pressure

### Disadvantages

- Limited sleeping position
- See also disadvantages under in-center and home

## My Questions

### Ask Your Care Team:

- What dialysis treatment option is best for me?
- Why are other options not good for me?
- If I prefer this treatment option, what do I need to do?

Source: [www.kidney.org](http://www.kidney.org)

