



Dialysis Treatment Options: Home Hemodialysis

If your kidneys are not working well and you have end-stage renal disease (ESRD), hemodialysis is one treatment option. Dialysis is a process of removing the wastes and excess fluid from your blood that your kidneys can no longer remove. Home hemodialysis is one type of dialysis treatment.

Please refer to “Dialysis Treatment Options: In-center Hemodialysis” for general information about hemodialysis.

Advantages and Disadvantages of Home Hemodialysis

Advantages	Disadvantages
Same person helps you with each treatment	Must have a trained person to assist you every treatment
Control over your dialysis schedule; more flexibility over when you dialyze	Need to schedule treatments into your daily routine
No need to travel to a clinic for treatments	Need space in your home for supplies and equipment
More involved with your care	Training may take about 4 weeks
Treatments scheduled 5-6 times during the week which is more like “normal” kidney function	Requires permanent access, usually in your arm
Dietary intake is less restricted	Need to insert two needles into your access for each treatment, usually in your arm
May need fewer medications	Some risk of infection
May have more energy and feel better immediately after and between treatments	Some changes may need to be made in the plumbing and/or the electrical system in your home