



Dialysis Treatment Options: In-center Nocturnal (Night Time) 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. Nocturnal (night time) hemodialysis is one type of dialysis treatment.

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

In order to have night time hemodialysis you will need travel to a dialysis clinic three nights a week for treatments. Treatments usually take 6-8 hours. You will be given a bed to sleep in, the lights will be dimmed and people should be quiet.

Advantages and Disadvantage of Nocturnal Hemodialysis

Advantages	Disadvantages
Trained people perform treatment for you	Must follow the rules, for example, number of visitors and quiet time.
Less restrictions on what you eat and drink	Need to travel to a clinic for treatments
May take less pills	Sleep somewhere at night other than your own bed/home
Will feel better; less tired and have a better appetite	Must go to treatments as scheduled
May have better blood pressure control	May have to use conventional hemodialysis schedule when traveling
Trained help is at the center, if needed	Not all dialysis clinics offer night time dialysis