



# Fact Sheet on Nocturnal Home Hemodialysis

Information courtesy of Home Dialysis Central ([www.homedialysis.org](http://www.homedialysis.org))

In Nocturnal Home Hemodialysis, you and a partner train for a few weeks and learn to do your treatments at home, 3-6 nights per week. You start the treatment, go to sleep, and get off the machine in the morning when you wake up. Your blood moves through the dialyzer very slowly. This gives wastes and fluid much more time to move into your bloodstream where they can be removed. Nocturnal home HD removes more water and wastes than any other type of dialysis. More dialysis is better. Most clinics do require that you have a “helper” and you will need space for your chair, machine, water tanks (some machines) and supplies at your home.



## Training:

After your access is ready to use, you’ll have a few weeks of training. Your training nurse will teach you and your partner to:

- Set up a treatment room
- Take care of your access and put in needles
- Figure out how much fluid to remove
- Run and care for the dialysis machine
- Store and order your supplies
- Keep treatment logs
- Take your blood pressure
- Follow your diet and fluid limits
- Recognize and report any problems

Often, your first treatment at home will be during the day. A nurse may come to your home to watch you and be sure that you feel confident. Once you are home, a nurse will be on call if you need help.

## Benefits of nocturnal home hemodialysis:

- Convenient—have your days free
- Gentle—easy on your heart
- Time—fewer trips to the clinic
- Quality—get 2-5 times as much dialysis
- Longer life—3 times better than standard in-center HD
- Feel better—more energy, libido, and appetite
- Less restrictive—easier diet, fewer drugs

## Who is best suited for nocturnal home hemodialysis?

The most important factor in whether you are suited for nocturnal home hemodialysis is **how much you want to do it**. As long as you or a partner can pass the training and learn to place your needles, you should be able to succeed. Some clinics now offer in-center nocturnal HD.



Like us on Facebook by searching for **ESRD Network 8, Inc.!**

To file a grievance please contact Network 8 at 877 936 9260, [info@nw8.esrd.net](mailto:info@nw8.esrd.net), 775 Woodlands Pkwy, Suite 310, Ridgeland, Mississippi 39157, and [www.esrdnetwork8.org](http://www.esrdnetwork8.org).