



# Fact Sheet on Standard Home Hemodialysis

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

In Standard Home Hemodialysis, you and a partner train for a few weeks and learn to do your treatments at home, three times a week—the “standard” schedule that is used in most dialysis clinics. At home you can choose to do longer treatments, or—much better—a treatment every other day. More dialysis is better. Standard Home Hemodialysis is also referred to as conventional home hemodialysis. 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

A nurse will be on call if you need any help.

## Benefits of standard home hemodialysis:

- Flexible—plan your own schedule, keep your job
- Control—eat, drink and have visitors during treatment
- Time—fewer trips to the clinic
- Quality—dialyze longer to feel better
- Access—lasts longer when you put in your own needles
- Longer life—about twice as long as standard in-center HD

## Who is best suited for standard home hemodialysis?

The most important factor in whether you are suited for standard 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.



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