



In-Center Hemodialysis

Advantages

- Trained professionals perform treatment for you
- Regular contact with other hemodialysis patients and staff
- Three treatments per week; four days off
- No equipment/ supplies kept at home
- Medical help is available quickly in an emergency

Disadvantages

- Travel to center three times a week on a fixed schedule
- Permanent access required, usually in your arm
- Insertion of two needles for each treatment
- Restricted diet/ limited fluid intake
- Possible discomfort like headache, nausea, leg cramps, tiredness

Home Hemodialysis

Advantages

- Same person always helps you
- More control when you dialyze
- No travel to a clinic for treatment

Disadvantages

- Must have a trained partner to help you
- You need to be trained
- Need room to store equipment/ supplies
- Need to call paramedics for help in an emergency



Treatment Options

Options for living with kidney disease

Transplantation

Advantages

- Feels closest to having your own kidneys
- No daily treatments required
- Lets you maintain a normal schedule and visit a clinic less often
- Fewer fluid and diet restrictions
- Feel healthier and have more energy
- Work full-time without worrying about a dialysis schedule

Disadvantages

- The stress of waiting for a match
- Risks associated with major surgery
- Risk of rejection—your transplant may not last a lifetime
- Daily medications required—which can cause side effects
- Susceptibility to illness
- Possible changes in your appearance

Peritoneal Dialysis

Advantages

- A flexible lifestyle and independence
- Few diet restrictions
- Clinic visits about once a month
- Doesn't use needles
- More control over blood pressure
- Provides continuous therapy, which is gentler and more like your natural kidneys
- Don't have to travel to dialysis unit for treatment
- Easy to take your therapy while you travel
- Therapy occurs while sleeping (APD)

Disadvantages

- Need to schedule exchanges into your daily routine, 7 days a week
- Requires a permanent, external catheter
- Runs some risk of infection
- May gain weight/ have a larger waistline
- Very large people may need extra therapy
- Need storage space in your home for supplies
- Need space in your bedroom for equipment (APD)



Phone: 609-490-0310
Patients only: 888-877-8400