

## Are you interested in this type of dialysis?

Don't hesitate to ask your nurse or nephrologist about it. You can also contact the nurse at the Renal Protection Clinic at 450-432-2777, ext. 22087, during the clinic's hours from 8:00 a.m. to 4:00 p.m., Monday to Friday.

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Centre intégré  
de santé  
et de services sociaux  
des Laurentides

Québec



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## Home Hemodialysis



Photo credit : kidney Campus

**Brochure for users and their families**

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Home hemodialysis is a treatment that you perform yourself at home.

## Is this type of dialysis for you?

- Yes, if you want more independence
- If you are having trouble with weight gain or managing your potassium or phosphorus
- If you want to manage your own schedule
- If you want to feel better
- If you want to manage your treatments

## Definition

There are 2 types of home hemodialysis:

**Nocturnal home hemodialysis:** Treatments done 3 to 4 times a week that last around 8 hours. Done overnight.

**Daytime home hemodialysis:** Treatments done 4 to 5 times a week that last around 3 to 5 hours. Done during the day or in the evening.



Photo credit : CISSS des Laurentides

## Criteria

To be eligible for home hemodialysis, you must:

- Own or rent your home
- Have good dexterity (skill with your hands)
- Have a good memory
- Have a phone line available during your treatment
- Have your nephrologist's approval that you are healthy enough for the treatment

## Benefits

Home hemodialysis has many benefits:

- Treatments in the comfort of your home
- A feeling of being more in control of your life
- Better quality of life
- Independence
- Freer schedule
- Fewer hospital visits
- You can undergo dialysis longer and more often. This will make you feel better and reduce your food restrictions

## Training

The training will give you the knowledge and confidence to perform hemodialysis treatments safely and independently at home. The training lasts 4 to 6 weeks and covers the following aspects:

- Operation of the hemodialysis machine and water filtration system
- Troubleshooting tips
- Disinfection procedures
- Safety checks
- Cleaning and maintenance tips