

MY CHOICES: *Hemodialysis*

When choosing treatment options for kidney failure, every patient is unique and will have different requirements. Your choice depends on your medical condition, lifestyle, and personal likes and dislikes. There are three different options currently available for hemodialysis:

1. In-center
2. Nocturnal
3. Home



	Advantages	Disadvantages
HOME HEMODIALYSIS	<ul style="list-style-type: none"> • Allows more independence and control of treatment and life choices • Dialysis staff available on phone to answer questions • Flexible – but must follow doctor’s orders • No need to travel to a center 	<ul style="list-style-type: none"> • Training is required • Need for a helper • Need storage space for supplies • Monthly clinic visits to review treatment plan • Plumbing and electrical needs
IN-CENTER HEMODIALYSIS	<ul style="list-style-type: none"> • Facilities are widely available • You have professionals with you at all times • You get to meet other patients 	<ul style="list-style-type: none"> • You must travel to the center • Treatment schedules are fixed • You must follow clinic rules/restrictions
NOCTURNAL HEMODIALYSIS	<ul style="list-style-type: none"> • Takes place at home or in-center • Takes place while you sleep • Less stress on the heart • Less cramping • Fewer episodes of low blood pressure 	<ul style="list-style-type: none"> • Limited sleeping position • See also disadvantages under in-center and home

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To file a grievance about the care you are receiving at your dialysis facility, contact Network 7 at 800.826.3773.

MY CHOICES: *Self-Cannulation*



WHY IT IS IMPORTANT?

Learning to put in your own needles gives you control and can reduce your anxiety regarding needle insertions, infiltrations, and infections. It can also prepare you for home hemodialysis. Self-cannulation has been shown to lessen problems and lengthen the life of your access (arteriovenous fistula).

WHERE DO I START?

Tell your clinic staff that you want to learn how to put in your own needles. The buttonhole technique is one way to self-cannulate. The buttonhole technique uses just one spot for each needle, over and over, at the same angle. This makes a track, like a pierced earring hole. Many patients say it's easy to learn and do, and nearly painless.

Ask your Care Team: When can I learn self-cannulation? Who can train me how to self-cannulate? If I am interested in one of these treatment options, what do I need to do?

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Just the Facts: The Dialysis Machine

HOW DOES THE DIALYSIS MACHINE WORK?

During dialysis, your blood is cleaned using a fluid called dialysate, or “bath.” Wastes and fluid from your blood go into the bath and are drained away. The dialysis machine controls the flow of the blood and the bath. The dialysis machine has two systems– the outside circuit and the dialysate delivery system. The outside circuit is the tubing, the blood pump, heparin (blood thinner) pump, artificial kidney, and monitors for blood flow, blood pressure, and air bubbles. The dialysate delivery system of the machine mixes the bath with purified water and checks to be sure it is safe.

WHAT IS AN AIR DETECTOR?

The air detector checks the blood in the tubing to be sure that air does not get into your bloodstream. The air detector is set before each treatment.

WHAT IS MY BLOOD FLOW RATE?

Your blood flow rate is how fast the blood pump moves your blood through the machine. Your doctor prescribes your blood flow rate. Ask your team what your blood flow rate is and check to be sure is right at each treatment.

WHAT IS MY DIALYSATE CONCENTRATION?

Your dialysate, or bath, is prescribed by your doctor. It must have the right chemicals, or it will not clean your blood well enough. Learn what the right concentrate is for you, and check it at each treatment.



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