Peritoneal Dialysis

✓ Preserves remaining kidney function
✓ No fluid restrictions
✓ Can dialyze during the day (4x day) with a simple procedure (takes 30 min) OR overnight which allow free days and a flexible schedule
✓ Can travel
✓ No need to come to a hospital or clinic 3 x week for treatment (no commuting, parking or waiting)
✓ It is easy to set up and take down (20 min to set up and 10 min to clean up)
✓ One on one training with a nurse (1-2 weeks)
✓ Easy to learn
✓ 24 hour machine and nursing telephone support
✓ Full medical support including: Nephrologists, Nurses, Dieticians, Social Workers, Pharmacists – Clinic visits every 3 months
✓ Excellent delivery service of dialysis supplies

Home Hemodialysis

✓ Use less medications
✓ People feel better with more dialysis
✓ Unrestricted diet (when dialyzing >24 hours/week)
✓ No fluid restrictions
✓ Can dialyze overnight or on your own schedule (3-6 treatments/week)
✓ No need to come to a hospital or clinic 3 x week for treatment (no commuting, parking or waiting)
✓ Control of needling using buttonhole techniques (no or little pain)
✓ Typical set-up/take down time (up to 1 hour to set up and 30 min to clean up)
✓ Can swim or bathe with AVF (Arteriovenous fistula)
✓ One on one training with a nurse (3 days a week for 6-8 weeks)
✓ 16 hours/day machine and nursing telephone support
✓ Full medical support including: Nephrologists, Nurses, Dieticians, Social Workers, Pharmacists – Clinic visits every 1-3 months
✓ Excellent delivery service of dialysis supplies

You are not alone with this decision please contact:_________________
Phone:_______________________
Email:_______________________
# Home Based Dialysis Options

**Things to consider about Peritoneal Dialysis**

- Will need convenient storage space (50 boxes)
- Will need to have clean technique to prevent infections
- Ability to lift supplies (5-12 lbs)
- Some dietary limitations (salt and phosphorus foods)
- Extra garbage
- If a machine breaks down it will be replaced in 24 hours
- Swimming or taking a bath is not advisable
- Some restrictions on travel will need 2 months notice

**Things to consider about Home Hemodialysis**

- Will need convenient storage space (10-15 boxes)
- More complicated than Peritoneal dialysis
- Will need to have clean technique to prevent infections
- Ability to lift supplies (5-10 lbs)
- Traveling for long periods (more than a weekend) is challenging
- Some dietary limitations (salt)
- If the machine breaks down it will be repaired in 24 hours
- Extra garbage and recycling
- Some additional costs: Electricity and water bills (20-50 dollars a month - can write off on taxes)

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More information regarding home based dialysis therapies can be found from the BC renal agency at: [www.bcrenalagency.ca](http://www.bcrenalagency.ca)

The Kidney foundation has peer support groups and can be found at: [www.kidney.ca](http://www.kidney.ca)