




Fact or Fiction: Home Dialysis Myths Debunked

Home dialysis can offer more flexibility in when and where you receive your treatment. To help you explore your treatment options, here are the facts behind common home dialysis myths.

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| <p>Myth #1: In-center dialysis is a safer treatment option.</p> | <p>Fact #1: Home dialysis is a safe treatment option. Before starting home dialysis, you will participate in a training program, and during your treatments, your dialysis support team will be able to offer 24/7 support by phone or in the clinic.</p> |
| <p>Myth #2: Home dialysis can only be completed during the day, and you must follow the same treatment schedule every day.</p> | <p>Fact #2: You are in control of your treatment schedule and can choose to dialyze at any time of the day. However, it is important to follow your doctor's instructions on how many times per week you need to do your treatment and how long it should last.</p> |
| <p>Myth #3: You need a care partner to qualify or to do home dialysis.</p> | <p>Fact #3: With proper planning and training, it is possible to perform home dialysis on your own. If your clinic requires you to have a care partner, you and/or your care partner will receive training with a dialysis nurse on how to use the equipment.</p> <p> DID YOU KNOW? A care partner can be a family member, friend, neighbor, or anyone who you trust and can rely upon to assist you during your home dialysis treatments.</p> |
| <p>Myth #4: If you choose home dialysis now, you cannot switch to other treatment methods in the future.</p> | <p>Fact #4: You can speak with your care team to discuss switching to other dialysis options if your current treatment is not meeting your lifestyle or medical needs.</p> |
| <p>Myth #5: You need to live in a large home to store home dialysis supplies.</p> | <p>Fact #5: You do not need a large living space to store home dialysis supplies. To maximize your storage space, consider storing supplies on shelves or in drawers instead of boxes. Another option is to work with your care team to schedule deliveries every two weeks instead of monthly to limit the number of on-hand supplies at home.</p> |
| <p>Myth #6: Home dialysis will limit you from traveling.</p> | <p>Fact #6: With preparation, you can travel safely. You can travel with your dialysis machine or arrange to go to a clinic at your destination. Consider planning a short trip first to practice traveling with your dialysis machine so you can become an expert in traveling with your equipment.</p> |
| <p>Myth #7: Home dialysis will stop you from having children in the future.</p> | <p>Fact #7: If you and your partner would like to have a child in the near future, consider having a conversation with your doctor first to learn if you or the baby may be at risk for any complications. A pregnancy while on dialysis can lead to more medical attention and dialysis treatments.</p> |

Why Should You Consider Dialyzing at Home?

- Home dialysis can lead to improved health outcomes
- It can provide you with more flexibility and freedom during the day
- It will allow you to gain a better understanding of kidney failure

Learning more about kidney failure can provide you with a positive outlook on the future.

AKF works on behalf of 37 million Americans living with kidney disease.
Visit kidneyhealthforall.org to learn more about your home dialysis options.



Fact or Fiction: Peritoneal Dialysis Myths Debunked

Peritoneal dialysis (PD) is another home treatment for kidney failure. PD uses a fluid that you can put in your belly and then remove to clean your blood. Use this resource to help you filter the myths from the facts.

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| <p>Myth #1: You are more likely to get an infection if you choose PD as your treatment method.</p> | <p>Fact #1: Peritonitis, or an infection in your belly, is the most common problem for people on PD. However, it can be prevented by proper training and handwashing techniques. If you notice any sign of infection, such as fever, chills or belly pain, call your doctor right away to get treatment.</p> |
| <p>Myth #2: Training for PD will take a long time.</p> | <p>Fact #2: You and your care partner (optional) can be trained to perform PD within two weeks. During training, you will learn how to use your equipment, how to spot the signs of infection, how to maintain a clean environment for your treatment and more.</p> |
| <p>Myth #3: PD can only be used for a few years.</p> | <p>Fact #3: PD can be used for years if it still meets your lifestyle and treatment needs. The amount of time you can stay on PD depends on your overall health and how well you follow your treatment plan. If your health becomes worse while on PD, you may need to explore different forms of dialysis with your care team or consider getting a kidney transplant.</p> |
| <p>Myth #4: You are not eligible for PD if you have pets.</p> | <p>Fact #4: Starting PD does not mean you have to find a new home for your furry friend. However, it is important to keep your pet out of the room during treatment and away from your supplies. Remember to wash your hands often, especially after feeding or cleaning up after your pet, as well as before connecting and disconnecting from your PD machine.</p> |
| <p>Myth #5: You will be unable to work while completing PD.</p> | <p>Fact #5: PD can offer a lot of flexibility and you will most likely be able to continue working. To prepare for doing PD at work, talk to your employer to create a schedule to do PD so you can continue to follow your treatment plan. If needed, your social worker may be able to help you work out an agreement with your employer.</p> |
| <p>Myth #6: People living with diabetes are unable to do PD.</p> | <p>Fact #6: If you have diabetes and are interested in PD, work with your dietitian to create a meal plan that is right for you and will help manage your blood sugar. If you choose to do PD, remember the cleaning fluid has dextrose, a type of sugar, and is taken in by your body. If you have diabetes, it is important to count the dextrose in your cleaning fluid as extra sugar in your diet.</p> |
| <p>Myth #7: You will need to make changes to your home before starting PD.</p> | <p>Fact #7: A member of your care team will visit your home to help you decide where to set up your treatment area and determine if additional items are needed in your home before starting PD. It is important to have a clean room or area to do your treatments.</p> |

Need Help Deciding on Your Dialysis Treatment?



Whether you are newly diagnosed with kidney failure or have experienced in-center dialysis for years, it may be overwhelming to decide which dialysis treatment is best for your lifestyle. Check out our [Home Dialysis Decision Aid](#) to help you make the best choice for your lifestyle.