

## Switching From PD to Home Hemodialysis (HD): What to Expect

**Welcome!** If you are taking this course, you have done PD at home. Now you are making the switch to home HD. Let's talk about what comes next.

**In the U.S., there are three ways to do home HD:**

1. **Daily**—treatments are 2 ½ to 5 hours long 4-6 times a week.
2. **Nocturnal**—treatments are 7-8 hours long, 3-7 nights a week.
3. **Standard home HD**—treatments may be 4-5 hour every other day.



**Home HD training takes longer than PD**—3-8 weeks. Just like PD, you will go to a clinic for training. You will learn how to:

1. Monitor your treatment.
2. Set up and run treatments by yourself.
3. Draw your blood tests and order supplies.
4. Track and record your health.

**Did you spend 12-14 hours a day doing PD, and still not feel well? Great news: home HD cleans your blood faster—giving you back more time in your day.**

**Do You Have a Partner?** Many people who did PD solo can do home HD solo, too.

**When You Have Questions, Ask!** The best way to stay safe is to know *why* you do each step. Call your home HD nurse or tech support for help any time.

**Your Vascular Access.** For PD, you used a catheter. With HD, you have three options:

1. A **fistula** links your artery to your vein under the skin of your arm. This is the best and safest access for those who can have one. You will need to use needles.
2. A **graft** links your artery and vein with a piece of man-made vein under the skin of your arm. Grafts rarely last as long, but are a good second choice. You will need to use needles.
3. A **central venous catheter** (CVC) is a tube that goes through a large vessel in your neck and into your heart. CVCs have the highest risk of infection.



**Needle fear is Very Common.** You can get past it.

- Focus on why you want to do home HD and how it can make your life better.
- A numbing cream like EMLA™ can also help.

You are the only person on earth who can feel both ends of the needles. This makes *you* the best person to place them well.

**Your Access is Your Lifeline.** Caring for it is one of the first things you will learn. You will check it daily for any changes.

**Call your nurse for help right away if you have access issues!**

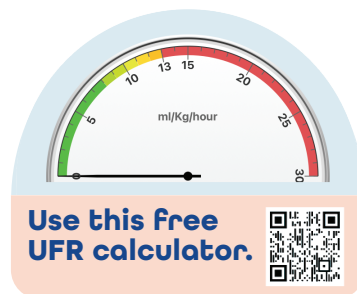
**Learning to Do Home HD Starts with the Basics.** You must do each step in the right order. If you used a PD cycler, this may be easy for you to learn.

**Once You Learn the Machine,** your nurse will teach you how to:

1. Get safely on and off the machine.
2. Run your treatment from start to finish.
3. Recognize the common alarms.
4. Trouble-shoot challenges you run into.

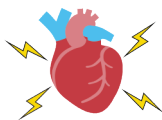
**How Long Will it Take to Feel Well After Home HD?** First, let's talk about ultrafiltration rate, or "UFR" for short. UFR is how fast HD pulls water out of your blood. Longer, more gentle treatments mean a lower UFR—so you feel better faster.

- After daily home HD, most people feel good in 1 hour or so.
- After nocturnal home HD, people feel well in just 15 minutes.



**Clinics tend to use high UFRs for HD.** Harsh treatments can cause:

- Painful muscle cramps
- Headaches
- Ringing in your ears
- Nausea and vomiting
- Feeling dizzy, seeing stars, passing out
- Chest pain. A stunned heart can even just...stop.



**Use Treatment Time for Things You Enjoy.** You might:

- Read, watch TV, listen to music
- Solve a puzzle or play a game
- Invite a friend over to hang out
- Work from home
- Learn something new
- Find online support



**Keep Records of Your Home HD Treatments.** As with PD, you will track your:

1. Weight
2. Blood Pressure
3. Temperature
4. How much water you remove
5. Fluid volume status



On PD, you used this info to decide what strength bag to use. On home HD, you will use it to figure out how much water to remove at each treatment.

**Your Home HD Space.** Your care team will set up a time to see your home. This is to check that it has what you need (like good lighting, clean water, storage space) to safely do home HD. Before your home visit, think about where you want to dialyze. The living room? You can hang out with loved ones. A bedroom, for more quiet? The choice is yours. You will need space for about 1/3 fewer supplies for home HD. If you had a PD storage system you liked it will still work.

**Mark delivery days on your calendar.** Make sure someone will be home.

**Expect to Feel Overwhelmed at Times.** If you start feeling sad or angry a lot, it may help you to talk to a therapist. Or, share how you feel with others who do home HD.

**How You Can Tell if Home HD is Working for You.** You may notice that you:

1. Feel better overall.
2. Have more energy.
3. Enjoy a clearer mind.
4. Are less anxious.
5. Have a better appetite.
6. Sleep better.
7. Think about things besides health.
8. Regain your desire for sex.



**As You Get Used to HD, Add Things You Love Back into Your Life.**

Ease into exercise with your doctor's okay. Pick up an old—or new—hobby. If you want to travel, start with a short, local trip. Your nurse can help you plan it. Once you do your first overnight trip, the next one is easier. This is how people on HD find freedom again.