

Choosing where to do your dialysis



In-clinic dialysis (Standard HD)

Pros

- No patient training necessary
- Someone else does the treatment for you
- No need to house equipment or supplies
- No need for a care partner

Cons

- Not flexible — you must visit a clinic 3 times a week, on the clinic's schedule
- Stricter limitations on food and drink
- Stressful on your heart and blood vessels
- Need transportation to and from the clinic
- Typically requires recovery time after treatment
- Your clinical outcomes may not be as good



At-home dialysis (HHD, CAPD, APD)

Pros

- Flexible — you can work or go to school
- Consistent — you'll have fewer ups and downs in how you feel
- Fewer restrictions on what you can eat and drink
- Private — no other patients are around you
- You may live more healthy days

Cons

- You need training
- You may need a care partner, who must also be trained
- You need space for supplies and may need plumbing or rewiring in your home