



Northwest Renal Network

Helping Navigate Kidney Disease

February 2012 Patient Bulletin



Our mission is to promote optimal dialysis and transplant care for kidney patients in Alaska, Idaho, Montana, Oregon and Washington

We Can Help With:

Care concerns

Patient rights

Transplant

Treatment options

Travel and dialysis

Questions about employment

Access to our library of resources

Dialysis – You Have Options

There are different ways to dialyze. One of them might be a good fit for your lifestyle right now or in the future. More about each type of dialysis:

- **In-center hemodialysis** – Removal of waste products, electrolytes, and fluid from the blood, at a dialysis center using an artificial kidney (dialyzer). Usually done 3 times a week but some facilities offer nocturnal and daily schedules. This option allows you to interact with others on dialysis.
- **Conventional home hemodialysis** – Requires a patient and helper to undergo training. Done 3 times a week at home. Benefits include a flexible schedule and fewer trips to the clinic.
- **Daily home hemodialysis** – Also requires training for the patient and helper. Involves shorter treatment time, performed 5-7 days a week. Studies have shown that more dialysis is better for your health.
- **Nocturnal home hemodialysis** – You and a helper train to do your treatments at home, 3-6 nights a week. This frees your days, and allows fewer trips to the clinic.
- **Peritoneal dialysis (PD)** – Uses the inner lining of your abdomen (the peritoneum) as a dialysis filter. The peritoneum is lined with tiny blood vessels. Wastes and extra water in your blood can flow out of those blood vessels, through the peritoneum, and into special fluid that you put in your abdomen. Then you drain the fluid, and the wastes, out of your body and put in clean fluid (this is called an exchange). To do PD, a surgeon places a soft plastic tube (catheter) in your abdomen or chest. PD requires no needles, and patients have less diet restrictions.
 - **Continuous ambulatory PD (CAPD)** – A manual form of PD, with no machine. This option is flexible and adapts to your schedule.
 - **Continuous cycling PD (CCPD)** – A form of PD using a machine called a cycler at night while you sleep. This option allows you to have your days free.

Want to know more? Ask your care team, or call the Network!

Request our free News Bulletins by email at
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