

# Home dialysis: which option is right for you?

Home dialysis helps treatment fit in with your life—not the other way around. Choosing the right treatment option can help you stay committed and thrive. You have more flexibility and may have fewer dietary restrictions and fewer medications. Learn how the two options can help keep you feeling your best.



## HOME PERITONEAL DIALYSIS (PD)

Your blood is filtered naturally using many tiny blood vessels in the lining of your abdomen—called the peritoneum.

- There are no needles and your blood never leaves your body.
- You can do PD on your own without assistance.
- PD may help preserve residual kidney function.
- PD can be done almost anywhere—at work, at home, and while traveling.
- PD offers the benefits listed for HHD.



## HOME HEMODIALYSIS (HHD)

You are connected to an artificial kidney (dialyzer) by a needle placed into your access site.

- You can choose when to time your treatments so you have more flexibility.
- You save travel time and transportation costs.
- You may have more freedom with your diet if you're prescribed more frequent treatments.
- A nurse is available 24/7 by phone if you need assistance.
- You may be able to do HHD on your own, without assistance.

### Plan for a kidney transplant

Whenever possible, a transplant is your best option because it comes closest to creating natural kidney function. During your waiting period, it's important to continue dialysis treatment. Talk to your doctor about getting on the transplant list.



### Understand your treatment options

Talk to your care team or kidney doctor about the best option for you.  
Learn more at [FreseniusKidneyCare.com/AtHome](https://www.freseniuskidneycare.com/AtHome).