

Preparing for home hemodialysis training

As you begin your dialysis journey with home hemodialysis (HHD), your care team will be there to support you every step of the way. During training, you'll learn everything you need to know so you can feel confident as you adjust to life on dialysis. Our goal is to help you feel your best so you can thrive.



WHAT TO EXPECT FROM TRAINING

- /// Training will last 4 to 8 weeks and is broken up into sections, so you can go at your own pace.
- /// You'll continue to receive dialysis treatments during your training.
- /// You and your care partner will get the same training to ensure you feel safe doing treatment in your home.
- /// You'll work with your doctor to choose a treatment schedule that best fits your life.



DURING TRAINING YOU'LL LEARN HOW TO:

- /// Do treatment with or without your care partner.
- /// Prepare your home for treatment.
- /// Use your home hemodialysis and water machines.
- /// Care for your body now that you're on dialysis.
- /// Prepare for treatment in unexpected circumstances.
- /// Access 24/7 nursing care online or by phone—anytime you need it.



WHAT YOU SHOULD BRING

- /// Pack a healthy lunch or snack to eat during your downtime to keep your energy up.
- /// Bring a blanket in case you feel chilly during treatment.
- /// Use a book and/or a tablet to relax during treatment or downtime during training.
- /// Wear comfortable, loose clothing.



HAVE QUESTIONS ABOUT HHD OR YOUR TRAINING?

Talk with your care team or visit [FreseniusKidneyCare.com/HHD](https://www.freseniuskidneycare.com/HHD) for more information.