

Home Hemo— *What to expect*

Learning to do home hemo

- No medical background necessary—If you can drive a car and read a newspaper, you have the skills to do home hemo
- New patients dialyze in the center for a few weeks before starting training
- You need to have stable treatments and a good access, usually a fistula
- Training is 4 weeks at Haviland Kidney Center or SeaTac Kidney Center, 5 days a week (Monday through Friday)
- Training is one-to-one with a nurse—personal and tailored to your learning needs
- You (or your family member or friend) learn by doing your own dialysis treatment each day with your nurse
- It's normal to worry about putting in needles, and most patients do very well—ask your nurse about “buttonhole technique”

Support for home hemo

- You can reach a nurse by phone 24 hours a day
- You keep records of your treatments for staff and your doctor to review
- Monthly clinic visits, some home visits
- Supplies delivered monthly to your home

No extra cost to you

- Your insurance covers home hemo the same way it covers dialysis in a center
- Northwest Kidney Centers provides the machine, dialysis chair, and supplies
- You are not charged for your extra treatments, even though your insurance may cover only 3 treatments per week



Richard during training with Carol, his nurse

Living with home hemo

- More flexibility if you work, go to school or care for your children
- No time lost recovering from dialysis, better overall health and energy
- If you dialyze overnight, your days are completely free
- No more hours in a center and planning your life around your center's schedule
- Eat and drink more normally
- You're in control of your own care



Tom gets some work done on dialysis

Things to think about

- **Responsibility**—you must be committed to managing your own care
- **Support** at home
- **Space** for supplies (lots and lots of boxes!)