

## Hemodialysis in a Center

### Why choose hemodialysis in a center?

- For the convenience of having others provide your care
- If you're not able to manage dialysis at home

### How does dialysis in a center work?

- Patients go to a dialysis center, usually 3 times a week
- During treatments, blood is pumped through a filter, called a dialyzer, where waste and extra water are filtered out
- Only about a cup of your blood is outside of your body at any one time
- Treatment time averages about 4 hours
- Technicians and nurses provide care
- Patients sit in recliner chairs, can watch TV, read, sleep
- Another person (over 18) can sit with you during your treatment
- You can bring blanket, pillow, etc. for comfort
- Your nurse educator, dietitian, and social worker provide support

### How are treatments scheduled?

- Patients come on a Monday-Wednesday-Friday schedule, or a Tuesday-Thursday-Saturday or Sunday schedule.
- Dialysis time averages 4 hours each treatment, decided by your doctor based on what your body needs
- Patients arrive 30 minutes early to prepare for treatment
- Three shifts of patients each day—early morning, midday, evening
- If you work or go to school, NKC will help you find a schedule to meet your needs



### Healthy kidneys clean your body 24 hours a day, but treatments are only 3 times a week

- Waste and water build up in the days between treatments
- Removing a lot at once sometimes leaves patients feel tired or even ill after dialysis
- You must limit what you eat and drink to prevent too much waste and water from building up
- It's very important never to miss treatments, come late, or leave early—you need all the dialysis you can get
- Consider home hemodialysis to get more treatments for better health

### Getting ready for hemodialysis

- Plan ahead for a fistula or graft—avoid the risks of an IJ catheter
- Have a plan for reliable transportation
- Think about how you can make your dialysis schedule work with your lifestyle