# HOME DIALYSIS
Is it an option for you?

## Why Home Dialysis?
- More time at home
- More time with family and friends
- Less time travelling to the hospital
- More active role in your care

Find out more about home dialysis by visiting the Manitoba Renal Program website, asking your health-care provider or calling the appropriate site:

### Peritoneal Dialysis
- **St. Boniface Hospital**
  (204) 235-3045
- **Seven Oaks General Hospital**
  204-632-3454

### Home Hemodialysis
- **Health Sciences Centre**
  204-787-7671
- **Seven Oaks General Hospital**
  204-632-3634

## Peritoneal Dialysis & Home-Care Assisted PD*

### MUST HAVE
- Telephone
- Clean work area
- Storage space for supplies
- *Back up support person

### ACCESS
- A tube (catheter) is inserted in your belly and remains there as long as you are using this form of dialysis.

### REQUIREMENTS
- Complete the training program (five days)
- Manage your own care
- Order supplies
- Attend clinic appointments
- *Available for home care visit up to twice a day

### ADVANTAGES
- Independence
- Ability to work
- Ability to travel
- Less dietary restrictions
- Less fluid restrictions
- Less exposure to infections
- Does not require changes to your home

### FREQUENCY
- Seven days per week (during the day or with a machine overnight)

### DURATION
- 30 minutes four times per day or nine hours overnight

## Home Hemodialysis & Nocturnal Hemodialysis**

### MUST HAVE
- Telephone
- Clean work area
- Storage space for supplies
- Space for machine

### ACCESS
- Is through needles in your arm or a catheter in your neck

### REQUIREMENTS
- Complete the training program (six to eight weeks)
- Manage your own care
- Order supplies
- Attend clinic appointments
- Home plumbing and electrical adjustments to accommodate the machine

### ADVANTAGES
- Independence
- Personal control
- Less travel for health care
- Flexible schedule
- Less exposure to infections
- **Better blood pressure & phosphate level control, increased dietary freedom and less fluid restriction, prescription decrease

### FREQUENCY
- Three to seven days per week
- **Five to seven nights per week

### DURATION
- Two to four hours per treatment
- **Six to nine hours per treatment

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*This information about home-care assisted PD is in addition to the other listed Peritoneal Dialysis information.

**This information about nocturnal home hemodialysis is in addition to the other listed Home Hemodialysis information.