Want a more flexible dialysis schedule? Want to spend more time at home and less time travelling to the hospital?

Opting for a home modality may be for you. Home modalities offer more freedom for patients willing to take a hands-on approach to their care.

**MY ASSESSMENT APPOINTMENT IS ON:**

Call us today to discuss your personal options and set up an assessment appointment.

**PERITONEAL DIALYSIS**
St. Boniface Hospital: (204) 235-3045
Seven Oaks General Hospital: (204) 632-3454

**HOME HEMODIALYSIS**
Health Science Centre: (204) 787-7671 or (204) 787-7672
Seven Oaks General Hospital: (204) 632-3454

**HOME DIALYSIS**
Is it an option for you?

The Manitoba Renal Program aims to prevent kidney disease, promote kidney health and provide kidney health services to Manitobans.

For more information visit the Manitoba Renal Program website:

kidneyhealth.ca

A message from Manitoba Renal Program, Winnipeg Regional Health Authority
# Types of Home Dialysis

## Peritoneal Dialysis & Home-Care Assisted PD*

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

### Access
- A tube (catheter) is inserted into 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

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## Home Hemodialysis & Nocturnal Hemodialysis**

- Telephone
- Clean work area
- Storage space for supplies
- Space for machine

### To the blood by using 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.