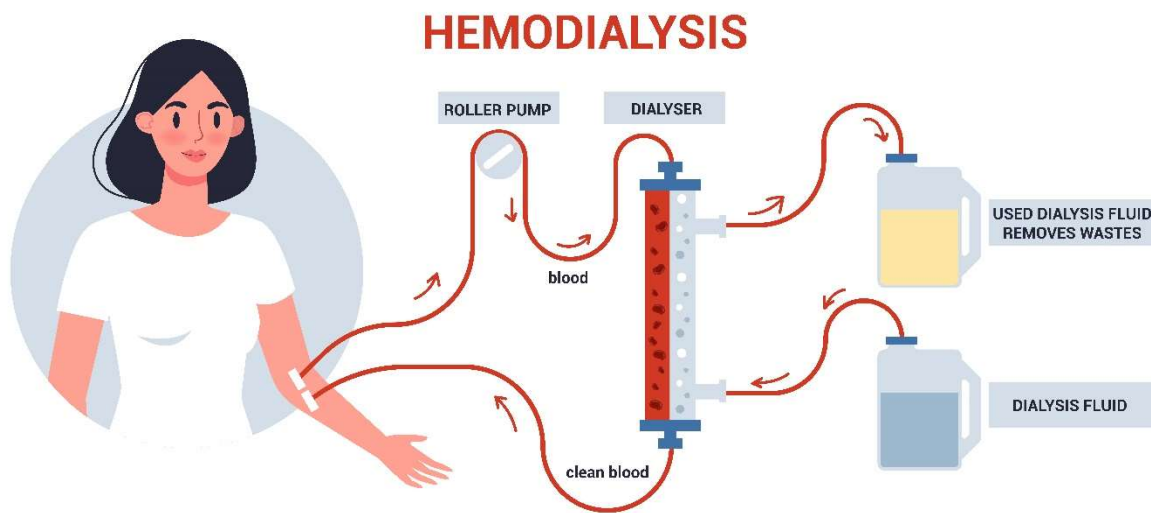


## Hemodialysis

Hemodialysis filters blood with a machine. Blood travels from your body to the machine, is cleaned, and then returns to your body. Hemodialysis requires an access point to your vascular system. A fistula or graft is placed under the skin for this purpose. Once a fistula or graft is placed, it can function for years. Another type of access point, a dialysis catheter, is for short term use only, due to infection risk. Hemodialysis may be done in a dialysis center or at home. The table below has important information about each type.

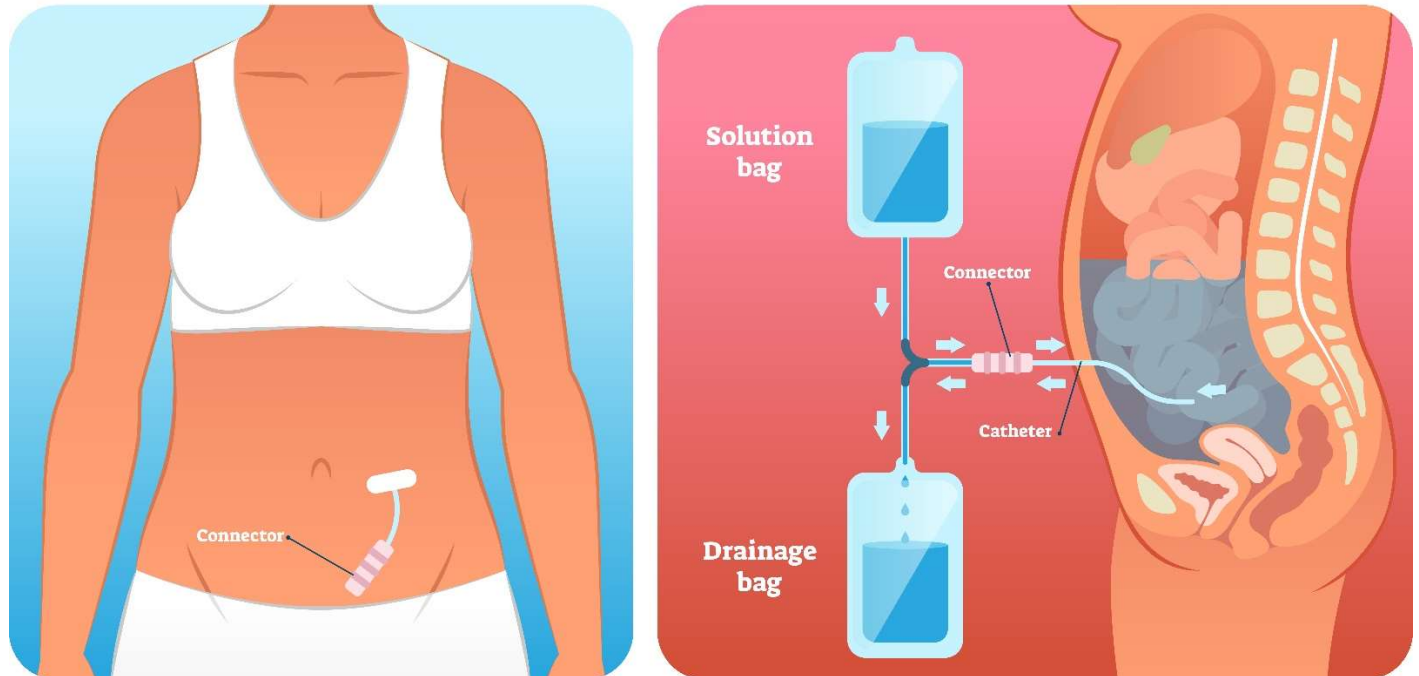
*Kidney failure has no cure, but dialysis treatment can help keep the body feeling the best it can.*



| In-Center Hemodialysis  | Home Hemodialysis   |
|---|---|
| <ul style="list-style-type: none"> <li>▪ 3-4 hours per treatment</li> <li>▪ 3-4 treatments per week</li> <li>▪ At a clinic near you</li> <li>▪ May feel tired for about 6 hours after each treatment</li> </ul> | <ul style="list-style-type: none"> <li>▪ 1-hour setup and take-down time</li> <li>▪ 5-6 treatments per week</li> <li>▪ Most people do not feel tired after treatments</li> <li>▪ 4-8 weeks of training</li> <li>▪ patient and/or a partner(s) are trained</li> <li>▪ Support available at all times from home dialysis staff</li> <li>▪ Vacation/Respite breaks may be planned</li> </ul> |
| Nocturnal In-Center Hemodialysis  |   |
| <ul style="list-style-type: none"> <li>▪ 3-4 hours per treatment</li> <li>▪ 6-8 hours per treatment</li> <li>▪ Natomas Area Clinic</li> </ul>   |   |

## Peritoneal Dialysis

Peritoneal Dialysis uses the natural lining in your abdomen as a filter. A fluid placed inside your abdomen works with this lining to clean your blood. Waste and fluid are slowly drawn from the body through the natural lining, called the peritoneum membrane, while the fluid is in the abdomen.



| Manual Daytime Peritoneal Dialysis   | Nighttime Cycling Peritoneal Dialysis   |
|--|---|
| <ul style="list-style-type: none"><li>▪ No contact with blood</li><li>▪ Used fluid with waste is drained out</li><li>▪ 2-3 liters (8-12 cups) of sterile fluid fills the space</li><li>▪ Each fluid exchange takes 30 minutes</li><li>▪ 3-4 exchanges needed per day</li><li>▪ Exchanges are done every day</li><li>▪ Most people do not feel tired after treatment</li><li>▪ A catheter in the abdomen is used for access</li><li>▪ 2-4 weeks of training is needed</li><li>▪ Support available at all times from home dialysis staff</li></ul> | <ul style="list-style-type: none"><li>▪ May be learned after practicing manual peritoneal dialysis</li><li>▪ Happens on a machine while you sleep</li><li>▪ May need one daytime exchange</li><li>▪ breaks may be planned</li></ul> |

## How Each Type of Dialysis Works

The diagram below shows how each type of dialysis compares to the way functioning kidneys naturally remove fluid and waste products from the body. Notice that peritoneal dialysis most closely works like the kidneys do naturally. Home hemodialysis removes fluid and wastes more often than in-center hemodialysis.

