

Video 4 Dialysis Treatment Options

Key Notes

Kidneys are the body's filter. The blood flows through the kidneys and the extra fluid and waste are filtered out as urine. When the kidney function declines to an extent that they are no longer able to do their job, dialysis takes over to perform the function of filtering wastes.

When kidney function declines, a person will often continue to make urine to remove fluid from the body, but it will not get rid of enough waste. The waste builds up in the body and often people will not feel well. It is common to still produce urine when you start dialysis.

Dialysis Types

What your life will look like on dialysis depends on what type of dialysis you choose to do.

Many individuals receive a type of dialysis called hemodialysis, which is done in a dialysis clinic.

Each dialysis treatment usually lasts 3-4 hours and is typically done 3 days per week. People often feel tired for about 6 hours after each treatment and then will feel their energy return.

Hemodialysis treatments can also be done at home. When doing them at home, you can have treatments more often, which can reduce how tired you feel after each session.

Most people doing hemodialysis at home will have a care partner with them during the treatments. If you need assistance during treatments, your care partner can help you or call for help.

Peritoneal dialysis is known as PD for short. In PD you use the belly to filter the toxins out of the body by placing special solution into the belly space and the waste drains out with the solution.

People often feel better and are less tired when they choose a home dialysis option.