



Happy Mother's Day!

MAY 2026 NEWSLETTER

HOME DIALYSIS

WHAT YOU NEED TO KNOW

Home dialysis gives people with kidney failure the flexibility to manage their treatment at home instead of a dialysis center. There are two types: peritoneal dialysis (PD), which uses the belly lining to filter waste, and home hemodialysis (HHD), which uses a machine to clean the blood. Each option has different requirements, schedules, and lifestyle considerations. This guide helps you understand the key differences, setup needs, and what to expect with home dialysis.

	Peritoneal Dialysis (PD)	Home Hemodialysis (HHD)
Types of Home Dialysis	Peritoneal dialysis (PD) is a type of dialysis treatment for kidney failure that uses the lining of the belly as a filter to remove waste products and excess fluid from the blood.	Home hemodialysis is a type of dialysis treatment for kidney failure that lets you do dialysis at home using a machine to remove waste and extra fluid from your blood.
Access	Requires a soft tube (catheter) in your belly to add and remove fluid for dialysis.	Requires a fistula (a natural connection between blood vessels) or a graft (a soft tube under the skin) to make it easier for dialysis to filter your blood.
Home Space	Need a clean space for machine, equipment and supplies	Need a clean space for machine, equipment and supplies
Treatment Options	Continuous cycling peritoneal dialysis (CCPD)—connect to a machine overnight of 6–10 hours. Continuous ambulatory peritoneal dialysis (CAPD)—is done 3–5 times every day by hand.	Traditional HHD—3 times a week for 3–4 hours, like in-center, but you can make your own schedule. Short frequent treatment—5–6 times a week for 2–3 hours each treatment and you can make your own schedule
Diet and Nutrition	You may have more food and drink options than with in-center dialysis. Since this treatment happens more often, it helps remove extra waste and fluid more steadily. Always check with your renal dietitian.	You may have more food and drink options than with in-center dialysis. More frequent treatments help remove waste and fluid more often, giving you more flexibility in your diet. Always check with your renal dietitian
Care	Self-care (no care partner needed) and more independence	May need a partner but allows for more independence



For more information, contact the National Kidney Foundation

Toll-free help line: 855.NKF.CARES 855-653-2273

Email at nkfcare@kidney.org

GO to **KIDNEY.ORG** on the internet.

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