Haemodialysis will need to become part of your routine. When you are off dialysis you can continue your normal daily life. If you travel for any reason you need to book into another dialysis clinic.

**Machine**
Haemodialysis uses a machine.

**Filter**
The filter (dialyser) cleans the blood.

**Frequency**
You need 3 treatments each week to keep yourself from being sick.

**Cleaning the Blood**
You will be on dialysis for four to six hours to have the waste and extra water cleaned from your blood.

**Dialysis Fluid**
The dialysis fluid is made from specially treated tap water. When it has been used, it goes down the drain taking the waste and water with it.

**Access**
A special access (fistula) is needed for the two needles. An operation is done to join your vein and artery which makes the vein bigger.

This is called a fistula.

Each treatment 2 needles are put into your fistula. The needles are removed at the end of treatment.
Lifestyle Advantages
Home haemodialysis allows you more flexibility and control. It is easier to work, care for children, go hunting and fishing and do the things you like to do. You can do extra hours which will clean your blood more.

Training
Training time vary between three and five months, three or four times per week.

Support and Visits
Once at home you always have a nurse to support you. They may visit you and can have varying phone availability in different areas on the hot line phone.

Dialysis Routine
At home you choose your own times for dialysis, to fit in with what you do.

You must still do your dialysis at least 3 times a week.

Frequency of Dialysis
To give you the best possible health you can choose to dialyse extra days or five to six nights a week. This means you have less food and fluid restrictions. You may also need less tablets.

Equipment and Location
All the equipment you need for home haemodialysis is provided free of charge. If you cannot have a machine at home, you may be able to have your machine at a local clinic. Special plumbing and electricity are needed. Your clinic can provide more information.
Centre-based dialysis is usually a **regular and fixed routine**. Most centres can offer morning or afternoon appointments, six days a week. Centre-based dialysis is for those who cannot or choose not to dialyse at home.

### Dialysis Centre Locations

Dialysis centres are in the **community**, or attached to hospitals.

Dialysis centres are not available in every community. You may have to move from your community to get dialysis or choose home dialysis.

### Transport to Dialysis

Some communities provide a **bus** to take you to and from dialysis or you may have to use your own transport. Information is available from your renal unit or **Kidney Health Australia**.

### Nurses Support

Nurses are there to **support** you with your dialysis.

### Dialysis Routine

The routine is usually **three times a week** for four to five hours plus travel time. You must be on time.

### Diet and Fluids

You will usually need to restrict your fluid, salt and potassium. Try to eat healthy foods. A dietitian or a dialysis nurse can help with your diet and fluid choices.