Haemodialysis will need to become part of your routine. When you are off dialysis you can continue your normal daily life. For holidays you need to book into another dialysis clinic.

**Machine**  
Haemodialysis uses a machine.

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

**Dialysis Fluid**  
Dialysis fluid is made from specially treated tap water.

Your wastes and extra water go from the blood through the dialyser and into the dialysis fluid. This goes down the drain.

**Frequency**  
Dialysis is at least 3 times per week for 4-5hrs.

**Access**  
A special access (fistula or graft) is needed for the two needles. Surgery is needed to create your access.

Some people may use a temporary line instead of a fistula.

**Diet and Fluids**  
You will feel better if you choose a balanced and healthy diet. You may have to restrict your potassium and fluid intake.

Dietitians can provide specific advice.
Home Haemodialysis

Lifestyle Advantages
Home haemodialysis allows you more flexibility and control making it easier to work and pursue hobbies. If you do more hours you may also need less tablets. Most importantly your family can be with you during dialysis.

Frequency of Dialysis
Many people at home dialyse overnight, three to four times a week while they sleep, or every second day. Extra dialysis means you can eat and drink more. You will also be more healthy.

Dialysis Routine
At home you choose your own times for dialysis, with input from your health care team. You can change your dialysis routine around to fit in with your life.

Training
After six to eight weeks of training, three or four times per week, you will be able to do your own dialysis.

Support and Visits
Once at home you always have a nurse who stays in contact and can support you.

They may visit you and are always on-call by phone.

All the equipment you need for home haemodialysis is provided free of charge. Different machines may be available in your area. Additional plumbing may be needed. Your local renal centre can provide more information.
Centre-Based Haemodialysis

Centre-based dialysis is usually a regular and fixed routine. Most centres can offer morning or afternoon appointments, six days a week.

**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.

**Diet and Fluids**
You will usually need to restrict your fluid and avoid foods high in potassium. A dietitian can advise you on your special needs.

**Transport to Dialysis**
You will usually need to organise your transport to and from dialysis. Only some people are eligible for transport support.

Information is available from your renal unit or Kidney Health Australia.

**Dialysis Centre Locations**
Information about dialysis centre locations is available from Kidney Health Australia.

If you have private health insurance you may be able to go to a private clinic.

Many centres, known as satellites are in the community, or attached to smaller hospitals.

Hospital based centres are usually a short-term option, or for people who are more frail.

Connect with us  www.kidney.org.au  Freecall 1800 454 363