

## How to Get Started with Home Dialysis in Three Easy Steps

You're thinking about home dialysis but don't know where to begin? Here are a few tips to get the ball rolling:

**Step 1:** Read about the 5 types of home dialysis, and pay close attention to what you'd need—like home changes, space needs, training time, and what you would commit to as a patient or helper. Decide which type(s) of treatment you might want to do. (Our patient stories might help.)

**Step 2:** Find a Clinic where home dialysis is offered in your area. NOTE: once training is done, you'll only need to visit the clinic once a month. So, the clinic can be as far away as you are willing to drive monthly. Visit home programs and talk with their staff and home patients, if possible.

**Step 3:** Talk to your doctor. Research shows that doctors pay attention when patients ask for a certain type of treatment. So, ask! If the type of treatment you want is not offered in your area, ask your doctor to start a new program. Some patients have moved to get the treatment they wanted. Others have changed doctors or clinics.

To learn more about kidney failure and dialysis in general, visit our free, on-line learning center: Kidney School™.

Good luck, and let us know about your progress!