



BENEFITS OF HOME DIALYSIS



PROMOTING HOME DIALYSIS AND TRANSPLANT

A Day of Self-Care In-Center Dialysis

In-center dialysis treatment requires sitting in a chair for hours, which is more than enough time to learn something new. With coaching from clinic staff, you can become a pro at self-care. After you learn to do some self-care, your day in the clinic might look like this...

TAKE YOUR TEMPERATURE AND RECORD YOUR WEIGHT

When you arrive at the dialysis clinic, measure and write down your weight, blood pressure and temperature. Keep an eye on weight gain between treatments.



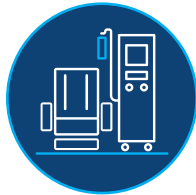
MAKE SURE YOU HAVE THE RIGHT SUPPLIES

There's no need to wait for the technician. Make sure you have the right disposable supplies. The dialysis machine may look scary at first, but clinic staff will walk you through the process many times. You'll learn what you need and notice if anything is missing or out of place.



SET UP AND TEST THE DIALYSIS MACHINE

Learn how to set up and test your dialysis machine and set up your chair. You want to be comfortable when you're sitting for a long time.



WASH YOUR ARM

Wash your arm so that it's clean. You do not want to get an infection.



PUT THE NEEDLE IN YOUR ARM

Inserting the needle is the scariest part of self-dialysis, but you can become an expert over time. Start by practicing with a pen, then a dull needle. Your nurse can get the needle started for you, then, eventually, you'll learn how to do it. It's your body, and you know exactly where to place your needle every time.



LEARN YOUR MACHINE READOUTS

You can watch your numbers during treatment. Learn which numbers could be bad for you. Since you're in control, you can find the perfect balance between speed and comfort.



CLEAN UP AFTER TREATMENT

After your treatment, learn how to remove your needle, bandage your arm and clean your space.



TALK WITH YOUR MEDICAL TEAM

Before you leave, talk about your treatment with your medical team. Together, you'll figure out how to help the next visit go more smoothly.



After you learn some of these self-care steps, you may be able to do your dialysis treatment at home!

Source: [Empowered Kidney Care](#)

