

# Kidney dialysis: a choice of at-home or in-center



During the last stage of kidney disease, your kidneys will need help to filter and remove waste and fluids from your blood. This filtering process is called dialysis. You have an option to receive treatments in your home (at-home dialysis) or at a dialysis center (in-center dialysis). As always, talk to your doctor, health care team and family to help you choose the solution that is right for you.

The following is a high level comparison of the two types of treatments to help you better understand your choices.

Considerations	At-home dialysis	In-center dialysis
Frequency and length of treatments	You pick the times that work for you based on your doctor's orders.	They set your schedule based on your doctor's orders and their availability.
Scheduling	This could be shorter (daily) or longer (overnight) treatment.	Typically, treatment happens three time per week for three to five hours.
Who administers treatment?	After you receive training, you provide your own treatments. A care partner can also receive training and help you, if needed.	Trained staff (nurse, technician) will provide your treatment.
Can I travel away from home?	<ul style="list-style-type: none"><li>• Yes, peritoneal dialysis, another type of in-home dialysis, offers portable supplies so you can travel more freely.</li><li>• For home hemodialysis, you can also call a dialysis center near your destination ahead of time and see if they have availability on their schedule.</li></ul>	You will need to call a dialysis center near your destination ahead of time and see if they have availability on their schedule.
Privacy	Done in the privacy of your own home.	Usually done in a group setting.
Health outcome	Research shows longer, more frequent dialysis can lead to better overall health and a longer life. <sup>1</sup>	Regular dialysis will help you feel better by alleviating some symptoms.

<sup>1</sup> The National Kidney Foundation. Hemodialysis: What You Need To Know. 2013. Available at: [Kidney.org/sites/default/files/11-50-0214\\_hemodialysis.pdf](https://www.kidney.org/sites/default/files/11-50-0214_hemodialysis.pdf). Accessed February 25, 2022.