

Dialysis: What Is It?

When your kidneys are working well, they filter waste, remove extra fluid, and balance the chemicals in your blood.

When you have kidney failure, dialysis is a lifesaving treatment that does the work your kidneys can no longer do.

The two types of dialysis are hemodialysis and peritoneal.

Hemodialysis uses a machine to filter waste and remove extra fluid through an access point in your arm.

And peritoneal uses the lining of your belly to filter your blood.

Hemodialysis is usually done in a clinic called a dialysis center, where nurses and technicians will do the treatments.

But some people can learn how to do their own treatments at home.

With peritoneal, you'll be able to do the treatments at home.

For this type of dialysis, your doctor will place a soft tube, or catheter, in your belly.

It's usually done 10 to 14 days before dialysis starts.

The type of dialysis you get usually depends on your health, your support system, and your life at home.

You can work closely with your doctor and decide together the type of dialysis that's right for you.

When you have kidney failure, dialysis is your lifesaver that does the work your kidneys can't do, gives you more time, and helps you feel better.

There's a lot to learn, and it can be a little overwhelming.

Your doctor can help, and so can others who already receive dialysis.

Dialysis: What Is It?

You could also visit a treatment center.

There's no doubt that this is going to be a new way of life for you.

But you can do this.

Be kind to yourself as you get more comfortable with your "new normal"

that helps you feel better and live longer.

Remember, you're not in this alone.

Your care team is there to help.