



# Preparing for Home Dialysis

Deciding to do home dialysis is a big decision that may feel overwhelming.  
This checklist can help you prepare for home dialysis.

## LEARN ABOUT YOUR OPTIONS – FIND OUT:

## NOTES

- Options you have for home dialysis. Ask your nephrology provider or dialysis team about home hemodialysis, peritoneal dialysis, and kidney transplant.
- How often will you need dialysis treatments.
- What treatment schedule best fits your life (such as during the day or overnight).

## FIND A CARE PARTNER

- Talk to your partner, a family member, or friend about becoming your care partner.
- If needed, look into hiring someone to help you.
- Talk to your social worker about the help you will need.

## LEARN HOW TO DO HOME DIALYSIS

- Learn as much as you can about the home dialysis option you have decided on.
- Attend training classes offered at your dialysis center.
- Ask your nephrology provider or dialysis team any questions you may have.

## SET UP YOUR HOME

- Plan how and where you will set up your machine (if you'll have one) and your treatment space.
- Talk to your dialysis team about electrical safety and any plumbing changes you may need to make.
- Find a comfortable bed or chair to use during your treatments or talk to your dialysis team about ordering one.
- Plan how and where you will store supplies.
- Plan how you will keep your treatment space clean.
- If you have a pet – plan how to keep your treatment space pet free.
- Schedule a home visit from your dialysis nurse to review your treatment space and answer your treatment questions.

## SET UP A TREATMENT LOG

- Set up a log or journal to keep track of:
  - Treatment flowsheets
  - Your vital signs (blood pressure and pulse)
  - Any other information your dialysis team asks you to track
- Set up a log or journal to track your treatment supplies.

## KEEP YOUR DIALYSIS TEAM CONTACT INFORMATION HANDY

- Make a list of who to contact and when (you can use the back of this page).



## My dialysis team contact information

### My dialysis nurse

Name: \_\_\_\_\_

Phone number: \_\_\_\_\_

When to call them: \_\_\_\_\_

### My dialysis center

Name: \_\_\_\_\_

Phone number: \_\_\_\_\_

When to call them: \_\_\_\_\_

### My dialysis dietitian

Name: \_\_\_\_\_

Phone number: \_\_\_\_\_

When to call them: \_\_\_\_\_

### My dialysis social worker

Name: \_\_\_\_\_

Phone number: \_\_\_\_\_

When to call them: \_\_\_\_\_

### My nephrologist office

Name: \_\_\_\_\_

Phone number: \_\_\_\_\_

When to call them: \_\_\_\_\_

### Dialysis supply customer service

Name: \_\_\_\_\_

Phone number: \_\_\_\_\_

When to call them: \_\_\_\_\_



## Notes

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For more information, contact the National Kidney Foundation

Toll-free help line: **855.NKF.CARES** or email: [nkfcares@kidney.org](mailto:nkfcares@kidney.org)

