

Dialysis Options in BC

A guide
to making
the treatment
choice that is
right for
you





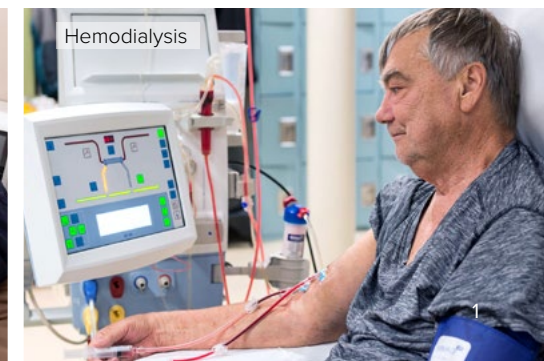
In British Columbia, patients have many options when it comes to their dialysis care.

This brochure is a starting point for you to think about the dialysis option that will work best for you and your family. We encourage you to meet with your kidney doctor and care team to discuss your options.

What is Dialysis?

Dialysis is a treatment that replaces some of the functions of a healthy kidney. It is needed when your kidneys don't work well enough to keep you healthy.

There are two types of dialysis, hemodialysis and peritoneal dialysis. Both of these types of dialysis perform normal kidney functions such as filtering waste and extra fluid from the blood.



Hemodialysis

Hemodialysis is a treatment where the patient's blood is passed through an artificial kidney, which is called a dialyzer. The dialyzer removes waste products and extra fluids. A surgeon or your Nephrologist will do a small operation on blood vessels in your arm so that blood can move into the dialyzer. This may be done in the operating room or at the bedside in the PD clinic. Your kidney team will give you more information about vascular accesses. Hemodialysis can be provided in different ways. Some patients need hemodialysis care that can only be provided in a hospital dialysis unit. If your dialysis is stable, you may transfer to a community dialysis unit or do dialysis at home.

Peritoneal Dialysis

Peritoneal dialysis uses a special solution called dialysate and the lining of your abdomen (the peritoneal membrane) as the filter to help clean the blood and remove extra fluids. A catheter must be surgically placed in your abdomen so the dialysate can be changed. Peritoneal dialysis is done at home with the option of dialyzing during the day or at night. Your peritoneal dialysis team will give you more information about these options.

Good health begins at home

In BC, a growing number of patients manage their dialysis care on their own. Research clearly shows that patients have better results when they are involved in their own care.



Positive benefits of doing dialysis at home

- a more flexible schedule
- better health results
- more freedom and independence
- the ability to return to work
- better quality of life
- less trips to the hospital or clinic for dialysis
- the option to travel

Some of the benefits of managing your own dialysis care are reflected in the words from BC kidney patients:

"It makes me happy to dialyze at home and continue to work."

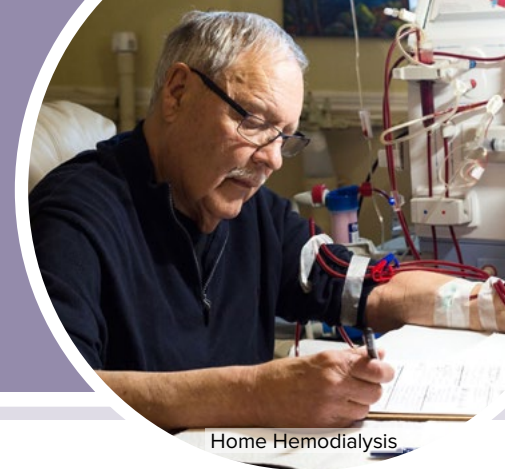
"I feel like I have my life back. My days are free."

"I do almost everything myself, but if I have any questions or need any help, the nurses are right there."





Managing Your Treatment
Training, ongoing contact and support are the keys to your success.



Home Hemodialysis

Support is always available

Home dialysis training for peritoneal and home hemodialysis is available across the province. Training time varies with the type of dialysis. Your kidney care team can provide you with more information on home training options.



No matter which type of dialysis you choose, your kidney care team will support you in being as active as possible in your care. This might begin with managing your diet and medications. It could then extend to learning how to manage your dialysis on your own. The team is available to help you at every step.



What about the cost?

Kidney patients in BC are fortunate to have little or no costs related to dialysis and related medications. For peritoneal and home hemodialysis patients, all training equipment and supplies, supply delivery and home technical support costs are covered. The same applies to costs for renovations needed for plumbing and electrical changes to support home hemodialysis. Of note, if you pursue home hemodialysis, there could be potential costs for increased water, sewer and power usage.



So much
to think
about...

How do I know what's right for me?

Dialysis will play a large role in your life. It is important to choose a treatment that fits your lifestyle and personality, as well as your medical needs.



Talk it over with those close to you. Hear what other patients have to say by checking out the [videos](#) on the BC Renal

website at BCRenal.ca. Talk to your kidney doctor and care team whose goal is to help you make the best decision for you and your family.

To help you with this process, we encourage you to think about and review the questions and table on the next pages.

Hemodialysis



Questions to Guide Your Dialysis Decision

Before reading on, you may want to carefully consider the following questions as they relate to your lifestyle. What is important to you? What activities do you enjoy?

Is it important for you to have a flexible schedule?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Do you work, go to school, volunteer, care for family?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Are you always on the go?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Do you lead a quiet lifestyle?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Are you physically active?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Would you prefer to do dialysis at home instead of in a clinic environment?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Do you like to travel?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Would you be able to visit a dialysis clinic three times a week for hemodialysis?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Do you like to make your own decisions?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Are you comfortable taking an active role in your care?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Would you be able to alter your schedule to attend dialysis training sessions?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Do you have space for medical equipment and supplies in your home?	Yes <input type="checkbox"/>	No <input type="checkbox"/>

Dialysis Options at a Glance

	Peritoneal Dialysis	Home Hemodialysis	Hospital and Community Unit Dialysis*	
Lifestyle	Flexibility with your dialysis schedule	✓	✗	
	Allows you to play an active role in your own care and dialysis	✓	Sometimes	
	Portable, so you can travel	✓	Sometimes	✗
	Diet and fluid intake flexibility	✓	✓	✗
	Need to travel 3 times per week for dialysis	✗	✗	✓
Clinical	Allows you to get more dialysis, which means you may feel better	✓	✓	✗
	Needle-free treatments	✓	✗	✗
	Dedicated support network of clinic nurses, dietitians, social workers and nephrologists	✓	✓	✓
	Potential reduction in some medications	✓	✓	✗
	Permanent catheter in the abdomen	✓	✗	✗
	Vascular access surgery required	✗	✓	✓
Your Role	Space required to store supplies	✓	✓	✗
	You are responsible to order supplies and accept home deliveries	✓	✓	✗
	Requires training (several days to weeks)	✓	✓	✗
	Assessment of your home sewer/septic system needed	✗	Sometimes	✗
	Taught to needle your vascular access	✗	Sometimes	✗
	Telephone access required	✓	✓	✗
	Internet access required	Sometimes	✗	✗
	You set up and monitor your dialysis	✓	✓	✗
Financial	Cost of supplies and delivery are covered	✓	✓	✓
	Possible home electrical and plumbing upgrades needed (costs covered by program)	✗	Sometimes	✗



Some photos in this brochure feature kidney patients in British Columbia. BC Renal would like to thank the patients and their families for their contribution.

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