

Transplant	Peritoneal Dialysis (PD)	Home Hemodialysis [†] (HHD)	In-center Hemodialysis (ICHD)
Known As			
Preferred treatment	Most utilized home therapy	Most flexible Hemodialysis	Currently most utilized treatment for kidney disease in the U.S.
How it Works			
<ul style="list-style-type: none"> A donated kidney is surgically placed in your body. 	<ul style="list-style-type: none"> Dialysis is done by you at home using a special solution that goes into your abdomen through a tube called a catheter. Waste products and extra fluid are removed when you drain the solution from your body. 	<ul style="list-style-type: none"> Dialysis is done by you and a trained partner at home. Blood is removed from the body, usually through an access point in your arm. The blood is cleaned by a home dialysis machine with a special filter, before being returned to your body. 	<ul style="list-style-type: none"> Dialysis is done by nurses and technicians in a clinic. Blood is removed from the body, usually by an access point in your arm. The blood is cleaned by a machine with a special filter before being returned to your body.
Pros & Cons			
<ul style="list-style-type: none"> ✓ No longer need dialysis You have a functioning kidney again Have more energy and feel better than compared to dialysis ✗ Requires anti-rejection medications which may be costly and have side effects Requires surgery May have to wait for a kidney 	<ul style="list-style-type: none"> ✓ Can help you preserve any remaining kidney function^{1,2} Preserves access to veins Flexible dialysis schedule Have more energy and feel better than compared to In-center Hemodialysis³ Less fatigue and fewer daily peaks and valleys with how you feel compared to In-center Hemodialysis³ ✗ Must keep dialysis supplies and equipment at your home Have a catheter (tube) in your abdomen 	<ul style="list-style-type: none"> ✓ Fewer fluid and dietary restrictions^{4,5} Fewer blood pressure and phosphorus medications^{4,5} Strengthens your heart and makes your heart better able to manage excess fluid^{4,5,6} Have more energy and feel better than compared to In-center Hemodialysis³ Fewer daily peaks and valleys with how you feel than compared to In-center Hemodialysis³ ✗ Must keep dialysis supplies and equipment at your home Must have a trained partner May require modifications to your home You or your partner must perform needlestick Exchange of blood occurs in your home 	<ul style="list-style-type: none"> ✓ Have four days off from dialysis No dialysis supplies in your home Interact with other dialysis patients ✗ Many restrictions on fluid and diet compared to all other treatments Limited flexibility and control over dialysis schedule and amount of dialysis May feel bad and tired between and following dialysis treatments
Sources			
United States Renal Data System (USRDS) American Association of Kidney Patients (AAKP) Patient Survey <i>American Journal of Kidney Disease</i>	United States Renal Data System (USRDS) American Association of Kidney Patients (AAKP) Patient Survey <i>American Journal of Kidney Disease</i> <i>Nephrology News & Issues</i>	United States Renal Data System (USRDS) American Association of Kidney Patients (AAKP) Patient Survey <i>American Journal of Kidney Disease</i> <i>Nephrology News & Issues</i>	United States Renal Data System (USRDS) American Association of Kidney Patients (AAKP) Patient Survey <i>American Journal of Kidney Disease</i> <i>Nephrology News & Issues</i>

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Key Facts

Number of people on therapy in the U.S. as of December, 2008

165,639 ⁷	28,291 ⁸	4,141 ⁸	339,483 ⁸
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% of patients "satisfied" with their treatment

87% ⁹	75% ⁹	85% ⁹	52% ⁹
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Survival rate after

1 year: 92.4% ^{10††} 5 years: 71.2% ^{10††}	1 year: 87.3% ¹⁰ 5 years: 36.9% ¹⁰	U.S. survival data is not currently available	1 year: 79% ¹⁰ 5 years: 35% ¹⁰
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% of waste and excess fluids removed from body - goal is 100%

15% - 100% <i>(depending on the function of the transplanted kidney)</i>	15% ^{11**}	15% ^{12**}	19% ^{13**}
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% of patients requiring hospital stay due to serious infection (bacteremia/septicemia) or peritonitis (exit-site infection)

3.3% ¹⁴	6% - sepsis ¹⁴ 18.6% - peritonitis ¹⁴	U.S. data is not currently available	10.5% ¹⁴
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% receiving a transplant within 2 years (Data from 2003-2005)

Not applicable	9.3% ¹⁵	2.5% ¹⁵	2.9% ¹⁵
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% of nephrologists who would choose this dialysis while waiting for transplant

Preferred treatment	43% ¹⁶	50% ¹⁶	5% ¹⁶
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Time spent connected to dialysis equipment

No dialysis needed	CAPD: 30-40 minutes per day, four times per day APD: 8-10 hours per night	Short daily: 2-3 hours a day, 4-6 days week Nocturnal: 8-10 hours a day, 5-7 days a week	3-5 hours a day, 3 days a week
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Days per week waste and fluids are removed from the body

7 days	7 days	Short daily: 4-6 days Nocturnal: 5-7 days	3 days
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Recovery time after each dialysis treatment

Not applicable	Typically no recovery time	Short daily: 16-67 minutes ³ ; Nocturnal: 2-20 minutes ³	397-460 minutes (7 hours) ³
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% of patients employed 90 days after starting of dialysis*

Not applicable	32.4% ¹⁷	Not applicable	16.2% ¹⁷
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Average monthly time in clinic + travel time to clinic (does not include time dialyzing at home)***

Frequent visits post-transplant for first year Annual visit every year thereafter	3 hours per month ¹⁴	3 hours per month ¹⁴	60 hours per month ^{3,18}
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Learn more

Renalinfo.com or kidney.org	Discover PD	Discover HHD	Renalinfo.com or kidney.org
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Where to find

USATransplant.org – click on Find A Transplant Center or call: (800) 830-9664	Dialysis Facility Compare at www.medicare.gov in Resources>Dialysis Facilities
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[†] Information is for short-daily and nocturnal/nighttime HHD

^{**} Deceased donor survival data

^{*} For patients who were working up to a year prior to starting dialysis, the following are the percentage of patients that remained employed four months after starting dialysis: PD = 61%, HD = 29%¹⁴

^{**} Normal kidneys have a standard weekly Kt/V of 12.965, Peritoneal dialysis has a standard Kt/V of about 2.05 So $2/12.96 = 15\%$, Short daily HD has a weekly standard Kt/V of 2.0-2.2 So $2.1/12.96 = 16\%$, In-center HD has a standard Kt/V of 2.497 So $2.49/12.96 = 19\%$

^{***} PD 30 minutes travel to and from clinic, 1-2 hours for monthly clinic visit. Total of 3 hours per month, HHD - 30 minutes travel to and from clinic, 1-2 hours for monthly clinic visit. Total of 3 hours per month, ICHD - 30 minutes travel to and from clinic 3 times per week = 3 hours, 4 hours for treatment in clinic, 3 times a week = 12 hours. Total of 15 hours per week, 4 weeks a month = 60 hours

Is home dialysis right for you?

While home dialysis has many advantages and is a viable option for most people, there are some exceptions. You must be healthy enough to provide care for yourself. In some cases, you may need to have a caregiver. You will also need to have a home or place suitable for home dialysis. If you've had previous abdominal surgeries or the presence of intestinal diseases, such as inflammatory bowel disease or diverticulitis, your doctor might not prescribe home dialysis. Home dialysis may also not be an option if you've had a recent history of seizures or memory difficulties. In addition, there are sanitary precautions that must be taken before, during and after dialysis, and you must be prepared for occasions or incidents that, if not recognized and responded to promptly, may be hazardous to your health. Remember, every patient is different so it is important to talk to your doctor, nurse and/or social worker to determine if there are other reasons home dialysis may not be right for you.

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