

## **You Decide! Choosing a Treatment that Fits Your Life**

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Choosing a treatment for kidney failure may feel like the end of the world—but it's not. In fact, the right treatment option can help you keep your preferred lifestyle. Often, people (or doctors) make a quick choice that may not be the best fit. The key to making the right choice for you is:

- a) Learn about *all* of your options
- b) Look at *your* wants, needs and limits

### **Your Treatment Options**

You may have more treatment options for kidney failure than you think:

- **Transplant** – a new kidney from a donor (living or deceased) replaces your kidneys. It can take time to get a transplant. While you wait, you may need dialysis.
- **Peritoneal dialysis** – using the lining of the abdomen as a filter to clean the blood:
  - **CCPD** – done while you sleep with a machine called a “cyclor”
  - **CAPD** – done by you, without a machine, 4 times a day
- **Home hemodialysis** – you and a partner get training and do your treatments at home:
  - **Short daily home hemodialysis** – done 5 – 7 times a week for 2 – 3 hours at a time
  - **Conventional home hemodialysis** – done 3 times a week (or every other day)
  - **Nocturnal home hemodialysis** – done 3 – 7 nights a week, while you sleep
- **In-center hemodialysis** – you travel to a center to get your treatments:
  - **Conventional** – done 3 times a week for about 3 – 4 hours at a time
  - **Nocturnal** – you sleep in the center 3 nights a week and keep your days free

When you choose a treatment, you don't have to stay on it forever. Many people change treatments, for reasons that may or may not be in their control.

Note that some options may not be offered at your center and / or may not work for you. Talk to your nephrologist and / or dialysis staff member if you want a certain treatment.

### **Take a Look at Your Life**

Many factors go into choosing a treatment for kidney failure. You and your nephrologist will look at such factors as your health, your home and any physical limits you may have. Be sure to look at your lifestyle factors like work, an active family life, travel and / or childcare needs, too. How will your treatment choice fit your life? You are the one who will need to make your treatment work for you.

Any option can create some changes in your life. But looking at what's most important to you will help you choose a treatment that will allow you to live long and well.