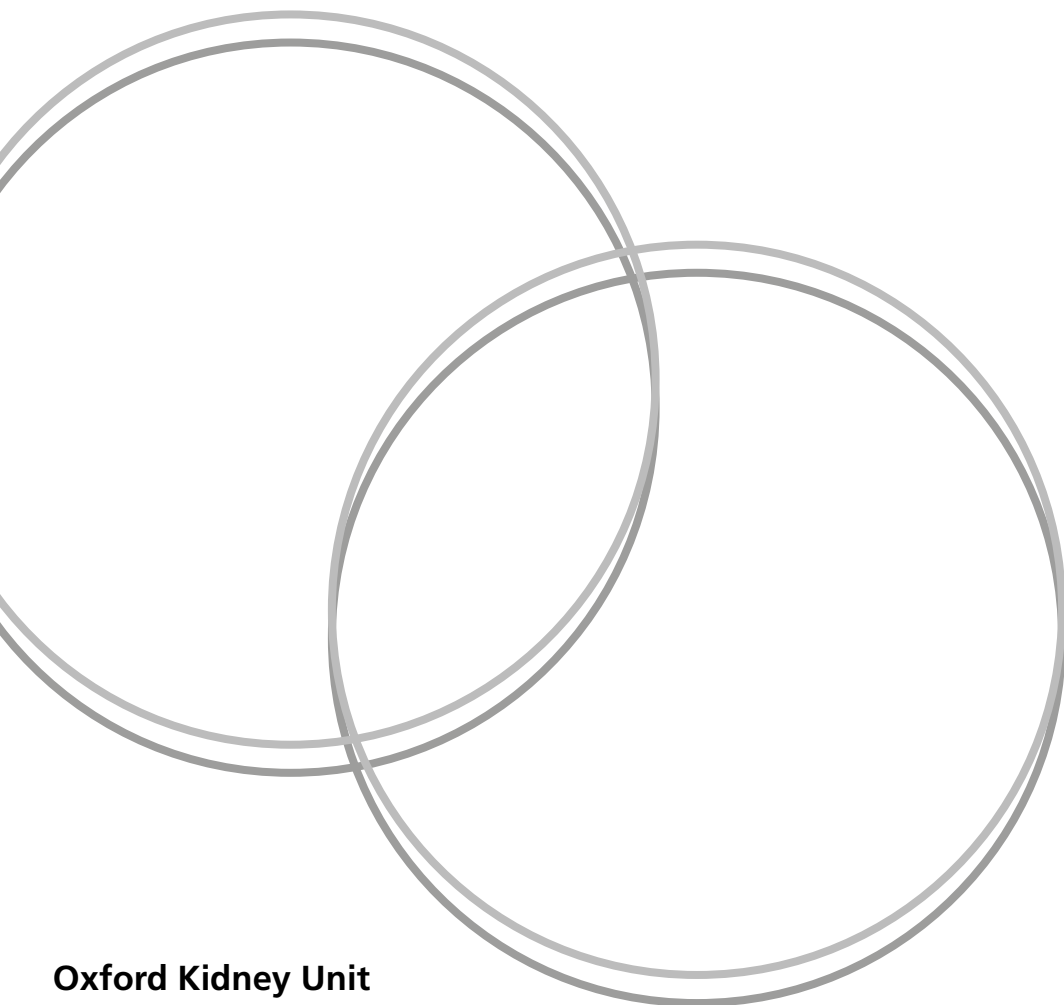


Home haemodialysis

**Are you considering doing
haemodialysis at home?**



This leaflet has been written to give you some information about doing haemodialysis (HD) at home.

How does haemodialysis work?

Haemodialysis is a treatment where blood is passed from the body to a dialysis machine, where the blood is cleaned. Your bloodstream will be connected to the dialysis machine for the duration of each dialysis session.

As your blood passes through the dialysis machine, waste products and excess water are removed by the 'artificial kidney' before your cleaned blood returns to you. With hospital haemodialysis, each dialysis session lasts for around four hours and most people need three sessions each week (e.g. on Mondays, Wednesdays and Fridays).

What are the benefits of having home haemodialysis?

- You can choose the time that you dialyse (some people dialyse overnight while they sleep).
- Less travelling to hospital, so you don't have to rely on transport.
- With home HD you can decide with your kidney doctor and nurse how often and how long you dialyse, for example you may decide to have shorter, more frequent dialysis sessions (e.g. 5-7 days per week for 2 hours at a time).

Research has shown that more frequent HD may help you with the following:

- better blood pressure control
- better phosphate level (you can be less strict with your low phosphate diet)
- better fluid balance (you may be able to drink a bit more fluid on daily HD)
- fewer medications
- fewer cramps on dialysis
- better quality of life.

Will home haemodialysis be an option for me?

If you have other medical conditions or often become unwell on dialysis, then home dialysis may not be suitable for you. Your kidney doctor will discuss this with you.

Do you have someone at home with you? Ideally it would be better if you had someone who could help you during your dialysis treatments. Occasionally people do dialyse on their own, but you would need to discuss this with your kidney team and home dialysis team.

If you decide you need a break from home HD at any time (for example when a family member is on holiday) we can arrange for you to dialyse in hospital.

Your home would need to be assessed to make sure there is sufficient space and a suitable electricity and water supply. The renal unit technicians and a dialysis nurse will come to your home to talk about this. You will not have to pay for the installation of the dialysis machine or the additional water costs.

When could I start?

The training programme takes between 2 and 12 weeks. Some people prefer an intensive programme (2 weeks), whereas other people prefer a steady, gentle training (up to 12 weeks).

If you work you may prefer an intensive programme.

We will explore this with you before you start training.

You will need to start your treatment in the hospital. The training programme includes taking care of the machine, sorting out any issues you may have and taking care of your dialysis access (your fistula, graft or line).

We may be able to offer home training in your local dialysis unit if space is available. If it isn't we will start your training in Oxford. Once you are ready to go home a dialysis nurse will arrange with you a visit at home from your local home dialysis nurse.

What support will I get?

You will be allocated a home therapies nurse who will be your main point of contact. They will arrange to visit you at home or see you in your local unit at regular times.

Who can I call for help?

If you have a problem between 7.00am to 7.00pm please contact your local dialysis unit and speak to a dialysis nurse. Your local unit may also offer a twilight service (up until midnight), they will let you know which days this is available. A 24 hour support line is also available for technical problems. You will be given this information and the contact numbers at the time of your training.

In an emergency you would call 999 as usual.

Useful numbers

Renal Ward

Churchill hospital

Tel: **01865 225 780**

24 hours, including weekends and bank holidays

Main Haemodialysis unit

Churchill Hospital

Tel: **01865 225 807**

Tarver Haemodialysis Unit

Churchill Hospital

Tel: **01865 225 695**

Milton Keynes Haemodialysis Unit

Tel: **01908 996 496**

Stoke Mandeville Haemodialysis Unit

Tel: **01296 316 996**

Banbury Haemodialysis Unit

Tel: **01295 229 811** or **01295 224130**

High Wycombe Haemodialysis Unit

Tel: **01494 426 347**

Swindon Haemodialysis Unit

Tel: **01793 605 286**

Useful websites

Oxford Kidney Unit

Lots of information about the Oxford Kidney Unit for patients and carers.

Website: www.ouh.nhs.uk/oku

Kidney Patient Guide

Information for patients with kidney failure and those who care for them.

Website: www.kidneypatientguide.org.uk

Kidney Care UK

A charity which has lots of practical support and information for people with kidney disease.

Website: www.kidneycareuk.org

Six Counties Kidney Patients Association

The SCKPA is run for patients by patients or family members.

They offer support to people suffering from kidney disease or who are on dialysis. They work closely with the Oxford Kidney Unit and have branches in Oxfordshire, Northamptonshire, Buckinghamshire, and Milton Keynes, and parts of Wiltshire, Gloucestershire and Berkshire.

Website: www.sixcountieskpa.org.uk

National Kidney Federation

A charity which has lots of practical support and information for people with kidney disease.

Website: www.kidney.org.uk

Further Information

If you need an interpreter or would like this information leaflet in another format, such as Easy Read, large print, Braille, audio, electronically or another language, please speak to the department where you are being seen. You will find their contact details on your appointment letter.

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www.ouh.nhs.uk/information



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