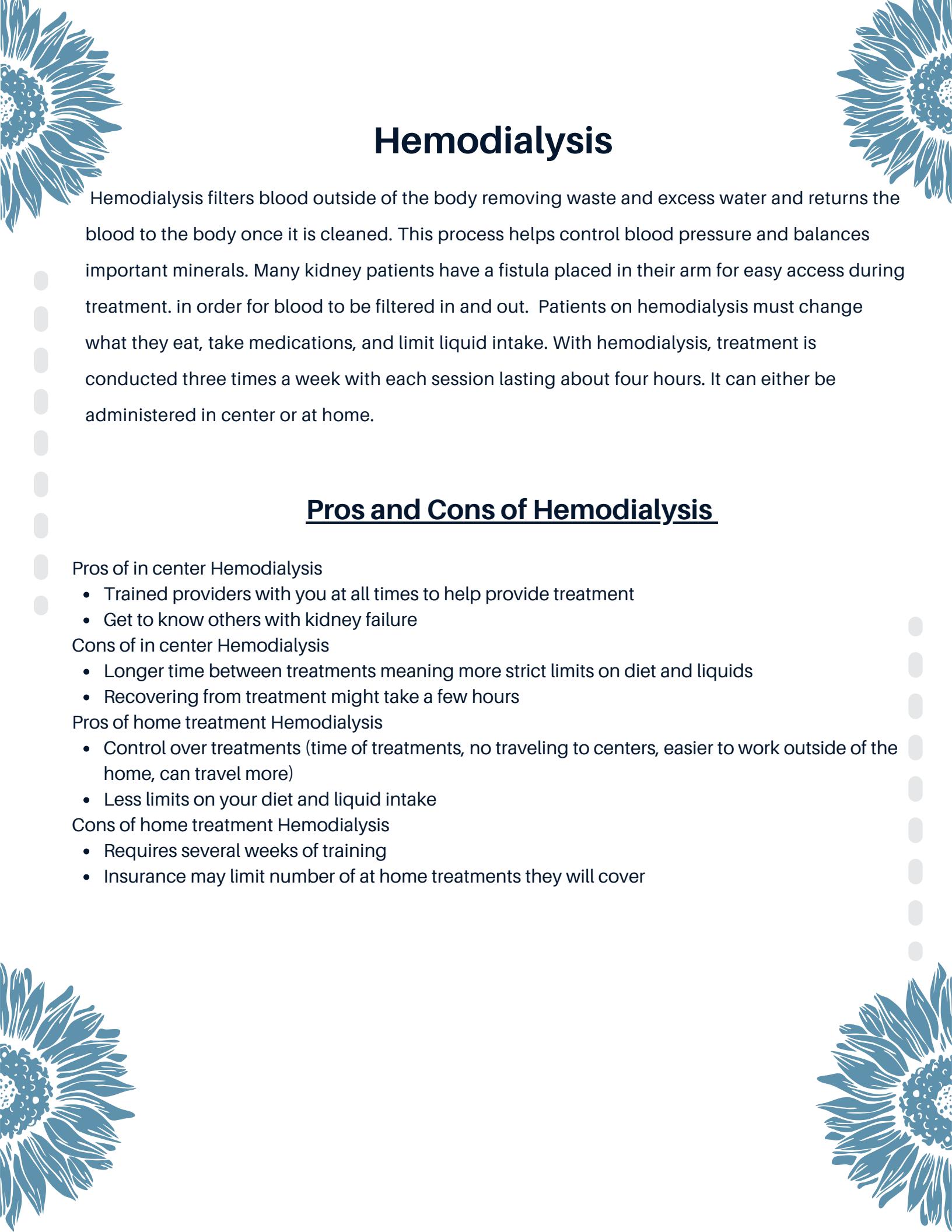




TENNESSEE  
**KIDNEY**  
FOUNDATION

# **Treatment Options for End Stage Kidney Disease**





# Hemodialysis

Hemodialysis filters blood outside of the body removing waste and excess water and returns the blood to the body once it is cleaned. This process helps control blood pressure and balances important minerals. Many kidney patients have a fistula placed in their arm for easy access during treatment. in order for blood to be filtered in and out. Patients on hemodialysis must change what they eat, take medications, and limit liquid intake. With hemodialysis, treatment is conducted three times a week with each session lasting about four hours. It can either be administered in center or at home.

## Pros and Cons of Hemodialysis

### Pros of in center Hemodialysis

- Trained providers with you at all times to help provide treatment
- Get to know others with kidney failure

### Cons of in center Hemodialysis

- Longer time between treatments meaning more strict limits on diet and liquids
- Recovering from treatment might take a few hours

### Pros of home treatment Hemodialysis

- Control over treatments (time of treatments, no traveling to centers, easier to work outside of the home, can travel more)
- Less limits on your diet and liquid intake

### Cons of home treatment Hemodialysis

- Requires several weeks of training
- Insurance may limit number of at home treatments they will cover

# Peritoneal Dialysis

Peritoneal dialysis uses the lining of your stomach to filter waste and fluid from the body. The lining in your stomach is called peritoneum and it replaces part of your kidney function. Kidney patients who opt to do peritoneal dialysis will have an access tube placed in the stomach. With peritoneal dialysis, a solution is emptied from a plastic bag into your stomach. The solution soaks up waste and fluid from the body. After a few hours the solution is drained through another tube into a bag patients discard. There are two types of peritoneal dialysis. Continuous ambulatory peritoneal dialysis (CAPD) takes about 30-40 minutes and 4 exchanges per day. You sleep with the solutions in your stomach at night. Continuous Cycler Peritoneal Dialysis (CCPD) uses a cycler machine to conduct 3-5 exchanges per night while you sleep. During the day you may need one exchange without the machine.

## Pros and Cons of Peritoneal Dialysis

- CAPD pros
  - Can do whatever time you want
  - Can travel
- CAPD cons
  - Can disrupt daily routine
  - Needs to be done 7 days a week
- Pros of Continuous Cycler Peritoneal Dialysis
  - Can do while you sleep
  - Can travel
- Cons of Continuous Cycler Peritoneal Dialysis
  - Need a machine and may have to travel with it
  - Connection to cycler limits movement at night

# Kidney Transplant

Kidney transplantation is another treatment option for those with End Stage Kidney Disease. Patients have the opportunity to receive a kidney donation from a living or deceased donor. If you have a friend or family member who is interested in being a living donor, they should contact a transplant center to begin evaluation. To be evaluated for a deceased donor transplant, contact a transplant center to begin the process.

With a kidney transplant, surgeons leave the old kidneys and connect the new kidney to the recipients artery, vein, and bladder. The transplanted kidney may start working right away or it may take up to a few weeks to make urine. After transplantation, recipients will take daily anti-rejection medication to ensure the transplant is accepted into the body.

## Pros and Cons of Kidney Transplant

### Pros of a Kidney Transplant

- Fewer dietary restrictions
- Transplantation can lead to better quality of life and longer lifespan

### Cons of a Kidney Transplant

- The wait time for a kidney can be lengthy
- Daily medication for anti-rejection will be required



<https://www.niddk.nih.gov/health-information/kidney-disease/kidney-failure/choosing-treatment>

<https://www.kidneyfund.org/all-about-kidneys/kidney-failure-symptoms-and-causes>

<https://www.kidney.org/atoz/content/dialysisinfo#:~:text=Dialysis%20performs%20some%20of%20the,%2C%20sodium%2C%20calcium%2C%20and%20bicarbonate>