

Preparing for home hemodialysis training

As you adjust to life on dialysis, your care team will support you in every step of your journey.



WHAT TO EXPECT FROM TRAINING

- // Your training lasts 4–6 weeks, broken up into sections, so you can go at your pace.
- // Your doctor will help choose a treatment schedule that best fits your life.
- // You'll learn your treatment schedule, which is typically 5 days per week, for at least 12 hours of treatment time each week.



WHAT TO EXPECT DURING TRAINING

- // Continue to receive dialysis treatments during your training.
- // Learn to complete treatment safely with or without a care partner.*
- // Bring your care partner to training, if you choose to have one, so you both feel confident with your treatment routine. Your partner may not need to attend all sessions.
- // Order and receive your dialysis supplies at home.
- // Learn to cannulate, draw labs, and administer medications.
- // Understand how to use your home hemodialysis (HHD) equipment and water machines.
- // Prepare your home for treatment with the help of your care team.
- // Access 24/7 nursing care online or by phone—anytime you need it.
- // Document your treatment and learn what and how to report to your care team.
- // Schedule routine visits with your care team in center or by telehealth.



WHAT YOU SHOULD BRING TO YOUR TRAINING

- // Bring your medications, their bottles, and your glucometer with supplies (if it applies).
- // Wear comfortable, loose clothing and bring a blanket in case you feel chilly.
- // Pack a healthy lunch or snack to keep your energy up and a book or tablet for relaxation.

*Independent (SOLO) dialysis requires MD approval.



HAVE QUESTIONS ABOUT HHD OR YOUR TRAINING?

Talk with your care team or visit [FreseniusKidneyCare.com/HHD](https://www.freseniuskidneycare.com/HHD) for more information.