

# Getting Started with Home Dialysis: Your Checklist

Starting home dialysis is a big decision, but it can give you more control over your health and help improve your quality of life. Use this checklist to help you get started.

## 1. Understand your options

Talk to your nephrologist about the different types of dialysis and if home dialysis may be right for you. Use the worksheet below to help guide your conversation.

Join a no-cost, online Kidney Smart® class to learn about all treatment options, kidney-friendly diet and nutrition tips, and more. Find a class at [DaVita.com/KidneySmart](https://www.davita.com/KidneySmart).

## 2. Find a home dialysis center near you

If you are an in-center patient at DaVita, ask your care team where the closest Home Dialysis program is. If you are a non-DaVita patient, call 1-800-424-6589 to speak with a placement specialist.

Schedule a visit to meet the center's team and learn about their home dialysis program.

## 3. Choose a care partner

Talk to a potential care partner about their willingness and availability. Many people choose a spouse, family member or friend as their care partner.

## 4. Start your training program

If your nephrologist prescribes home dialysis for you, work closely with your home dialysis center's medical and administrative teams to begin your comprehensive safety and training program.

## 5. Prepare your home

Talk with your home dialysis nurse and social worker about how to prepare your home for safe and comfortable treatment.

## 6. Stay connected

Monitor your progress and keep scheduled appointments with your doctor and home dialysis nurse.

**Remember: This checklist is a general guide. Your individual needs may vary. Don't hesitate to ask your doctor or care team for guidance and support.**

\*Service provider and modality selection are choices made exclusively between the patient and nephrologist

# Worksheet: Home Dialysis Questions to Ask Your Nephrologist

It's a good idea to be prepared for your appointment with your nephrologist. Here are some questions you might ask.

**What types of dialysis are there?**

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**Is home dialysis a good option for me? Why or why not?**

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**What are the benefits and challenges of home dialysis?**

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**Is home dialysis safe?**

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**What kind of training will I need to do home dialysis?**

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**Will I need a care partner to do home dialysis?**

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**What equipment will I need for home dialysis?**

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# Worksheet: Home Dialysis Questions to Ask Your Nephrologist

How can I prepare my home for home dialysis?

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What can I expect during home dialysis?

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How often will I need to do home dialysis?

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What should I do if I have problems with home dialysis?

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Additional Notes:

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**Don't be afraid to ask questions. After all, your treatment is your choice. The more information you have, the better prepared you'll be to make decisions about your health.**

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