

KIDNEY CARE OPTIONS

In-Center Hemodialysis

What you need to know
about treatments at the clinic,
schedule considerations, and
the time commitment



Basics

What is in-center hemodialysis?

Dialysis clinics offer hemodialysis treatments performed by a team of nurses and technicians. The team sets up the dialysis machine, starts the treatments, and monitors your vitals during therapy.

This option is best if you prefer separate treatments from home life and want on-site, trained professionals overseeing your dialysis.

If you are less active or have complex medical conditions, you may prefer to receive dialysis in center.

How will in-center dialysis affect your weekly schedule?

Patients typically go for treatment at the clinic three times a week, every other day, for three to four hours per visit. You will be assigned a day and time to have your dialysis treatments.

In-center hemodialysis requires a more rigid schedule than at-home treatment. You also must consider the travel time to the clinic and any transportation needs. If your clinic is not close to your home, this could add considerable time to your dialysis schedule.

What can you do during dialysis treatments?

Because you will likely spend several hours three to four days per week at the clinic, consider how you will pass the time while connected to the machine. You can read a book, watch TV, listen to podcasts, or play games on your phone.

For some patients, in-center dialysis provides a consistent routine and sense of community.

Questions?

What you should ask your doctor about in-center treatments

The answers to these questions will help you make your decision. Don't be afraid to ask them.

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- Am I a good candidate for in-center treatment?
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- Who takes care of me at the center?
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- How will I feel after dialysis?
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- Do I need to make lifestyle changes?
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- Can I tour a dialysis unit?
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- Are family members or friends allowed to join me?
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- Do I get to choose my appointment times?
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- Are social distancing precautions taken?

Weighing in-center dialysis against other treatment options

In-center dialysis may work for you if you can accommodate traveling to the center three to four times per week for treatments and enjoy interacting with other patients and staff.

While in-center dialysis meets some patients' needs, your doctor may invite you to take control of your health by performing dialysis at home with hemodialysis or peritoneal dialysis.

Outset Medical is passionate about dialysis patients knowing their options and living their best lives. We are revolutionizing how hemodialysis therapy is delivered at home so more patients can take control of their condition and feel better.

Whichever option you choose for dialysis therapy, we encourage you to discuss your wellness goals and any questions you have with your medical care team.

