

# Questions?

## What you should ask your doctor about home hemodialysis

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

- ❑ What do I need to learn to perform dialysis at home?
- ❑ Is my home suitable for dialysis?
- ❑ What are my choices for home hemodialysis therapy systems?
- ❑ Will I be able to contact my health care team during dialysis?
- ❑ Do I need to have someone help perform home hemodialysis?
- ❑ How many times a week will I need treatment?
- ❑ What are the risks in performing dialysis at home?

## Choosing hemodialysis in the comforts of your home

Home hemodialysis is designed to put you in charge of your medical care and your life. Since you won't need to travel to appointments, you gain flexibility to enjoy the activities you love. It offers more dietary freedom compared to other options and may require fewer medications<sup>2</sup>.

If you are not a candidate for home hemodialysis, your doctor may recommend in-center dialysis or home therapy with 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.



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KIDNEY CARE OPTIONS

# Home Hemodialysis

What you need to know about home hemodialysis and the freedom to control your care



# Basics

## What is home hemodialysis?

Hemodialysis cleans your blood using a machine to remove waste products the kidneys can no longer filter. During therapy, blood gradually flows out of the body into the dialysis system and the cleaned blood is returned.

You and a care partner will learn the dialysis process, how to work with your therapy system, and set up access to your body.

Bringing dialysis home lets you control your treatments and your schedule. You are in charge. Assisted by a care partner, you'll run the treatment session in the comfort of your home.

## What does home hemodialysis involve?

When selecting a home dialysis system, consider the space you need for the device and supplies, where you will set it up, and who you'd like to involve. Advanced systems are compact and only need access to a water supply and a dedicated grounded electrical outlet, while classic systems are larger and have dialysis solution pre-mixed, requiring more storage room.

With your care team, you'll determine the best method for access to your body to exchange blood with the therapy system.

Depending on the system you choose and the type of access for cannulation, most people learn to deliver home therapy in two to four weeks.

## How can home hemodialysis improve your quality of life?

Administering your treatments at home gives you the freedom to choose how long or frequently you receive dialysis in consultation with your medical team.

It improves your quality of life by letting you set your daily schedule so you can fit in the activities you enjoy. Other benefits include:

- ✓ Better control of your blood pressure
- ✓ Shorter recovery time between treatments
- ✓ Fewer dietary restrictions
- ✓ Preservation of remaining kidney function
- ✓ Longer life expectancy compared to in-center hemodialysis<sup>1</sup>

<sup>1</sup> Weinhandl, E. D., Liu, J., Gilbertson, D. T., Arneson, T. J., & Collins, A. J. (2012). Survival in daily home hemodialysis and matched thrice-weekly in-center hemodialysis patients. *Journal of the American Society of Nephrology : JASN*, 23(5), 895–904. <https://doi.org/10.1681/ASN.2011080761>

<sup>2</sup> Parker, K., Nikam, M., Jayanti, A., & Mitra, S. (2014). Medication burden in CKD-5D: impact of dialysis modality and setting. *Clinical kidney journal*, 7(6), 557–561. <https://doi.org/10.1093/ckj/sfu091>