

Nocturnal Home Hemodialysis

What is Nocturnal Home Hemodialysis?

Nocturnal Home Hemodialysis or NHD is a slow gentle hemodialysis treatment done overnight, in your home, while you sleep:

- Each dialysis treatment is 6 to 8 hours long
- You have a dialysis treatment 4 to 7 nights a week depending on your needs

Why is NHD good for me?

This type of hemodialysis keeps your body feeling close to normal. Longer, more frequent dialysis treatments help you feel better. Most symptoms you have, as the result of kidney failure, improve or go away.

What changes can I expect?

There are many good changes you can expect:

- no diet or fluid restrictions
- no itch

You also have improved:

- appetite
- energy
- sleep and less snoring
- thinking
- blood pressure control
- cardiac (heart and blood) function
- sexual drive
- hemoglobin levels

People are able to work if they wish since they have more energy.

Here are some facts about hemodialysis:

Dialysis Type	How Often	% of toxic waste products removed from body
Conventional	4 hours, 3 times a week	13%
Short daily	2 to 3 hours, 5 to 7 times a week	18%
NHD	6 to 8 hours, 5 to 6 times a week	50%

Do I feel any different when I start NHD?

It is normal to feel more tired when you start NHD. Your body needs to get used to being so well cleaned. It takes about 3 months for your body to adjust to this change and for you to be comfortable sleeping during dialysis.

Why do I feel like this?

There is a change in the before and after blood values especially potassium, calcium and phosphorous. It is important for you to have blood tests done often in the beginning so that your health care team can make changes to your dialysis treatment and medications.

How long is the training for NHD?

It takes about 4 hours of training to learn how to do NHD. You do not learn how to do NHD until you are comfortable doing your dialysis treatments at home during the day.

Your health care team will talk to you about NHD during your home treatment program and will help you know when it is time to learn NHD.

Who do I talk to if I have questions?

If you are interested in this type of dialysis treatment contact the:

Home Hemodialysis Unit
2757 King Street East
Hamilton, Ontario
905-522-1155 ext. 38250