

# 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).

# 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.

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

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What equipment will I need for home dialysis?

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