



Kidney Q&A

4-12 months

Life Options Rehabilitation Program
414 D'Onofrio Drive, Ste. 200
Madison, WI 53719
www.lifeoptions.org

Who do I talk to if I want to try a different treatment for ESRD?

Q: Who do I talk to if I want to try a different treatment for ESRD?

A: When you learned you had kidney failure and needed to choose a treatment, you may not have known all of your options. Or, you may find that the treatment you chose doesn't let you stay active and productive, and you want to try something else. In most cases, you can change treatments.

Treatments you may be able to do for kidney failure include:

- Hemodialysis: in a center, or at home—either three times a week, daily short treatments*, or long treatments at night* (nocturnal)
- Peritoneal dialysis (PD): manually or using a cycler machine
- Transplant: kidney—from a living donor who is related or not related, from a deceased donor, or a kidney-pancreas transplant from a deceased donor

*Medicare only pays for three hemodialysis treatments per week, so these new treatments may not be offered in your area.

Your doctor and care team are resources to help you learn the pros and cons of each treatment. There is a wealth of information that you can read, and staff and patients to talk with. Classes can help, too.

What I can do if I want to change treatments:

- Ask questions and read all I can about all the treatment options.
- Ask my doctor if my health or other factors prevent me from doing any treatment.
- Find out what my insurance covers for dialysis doctors and services.
- Make a list of the pros and cons of each treatment for me.
- Don't let anyone underestimate my ability to do what I want to do.
- Change clinics or doctors if I can't get the treatment I want where I am. Visit or read www.wheredialysis.com, www.dialysisfinder.com, or www.medicare.gov/Dialysis/Home.asp to find other clinics.
- Visit module 2 of Kidney School™: *Treatment Options for Kidney Disease* at www.kidneyschool.org to learn about dialysis treatments and transplant.
- Visit Home Dialysis Central at www.homedialysis.org to learn more about home treatment options.