

Nocturnal Hemodialysis



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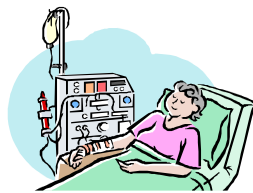
Learn to let Dialysis fit your Life



Nocturnal Hemodialysis

Nocturnal Hemodialysis is a new way of doing hemodialysis, where you dialyze at home at night, 5-6 nights a week while you are sleeping.

It was developed right here in Toronto by Dr. R. Uldall, and now is being used all over the world. Dr. Christopher Chan is the Medical Director of our program at the University Health Network.



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The More the Better

Remember that your kidneys normally worked 24 hours a day, so really you should have dialysis 24 hours a day, but that is not practical. What we do know is that the longer people dialyze, the better they feel. We also now know from our experience with Nocturnal dialysis that there are many, many benefits such as:

- better heart function
- improved energy
- improved appetite
- improved sexual drive.

No More Diet Restrictions



Amazing as it sounds, with Nocturnal dialysis there are almost no more restricted or “forbidden” foods. Oranges, bananas, milk, chocolate, cheese etc. are all allowed again.

No More Fluid Restrictions

If you dialyze 5-6 nights a week with Nocturnal, there is usually no need to drink less.



Fewer Medications

Nocturnal dialysis gets rid of phosphate really efficiently, so there is no need for phosphate binders. Often, people can stop taking many of their blood pressure medications and other medications.



No More Dialysis “Crashes”

Because of the long, gentle dialysis, people do not get the “crashes” that they sometimes get on hemodialysis (blood pressure drop, vomiting, passing out). That makes it very safe to dialyze at home, even if there is no one else in your house or apartment.

Fluid is removed very slowly and gently, so it is much easier on the heart and body. As well, other symptoms usually disappear, like thirst, dizziness, headache, cramps and fatigue.

People have also found that sleep often returns to normal; snoring and sleep problems decrease or disappear. Also, their sleep is sounder and they awake more refreshed.



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Sounds Too Good To Be True – What’s the Catch?

Well, it almost is too good to be true. Everyone’s experience is different, but there are many studies and patients tell us that this is the best form of dialysis that can be offered so far. In Ontario, there is no cost to you for Nocturnal HD.

What Would I Need to Do?

You will learn to do your Nocturnal dialysis at the Home Dialysis Unit. When you are finished training and go home, you start your dialysis at nights before you go to bed, and finish treatment in the mornings when you wake up. **This leaves your days free for YOU.**

What about needling?

People with AV fistulas and grafts learn to put in their own needles using ways that cause less harm. But it still means putting needles in. The needles are very well attached so that they do not come out during sleep. People with hemodialysis catheters can also do Nocturnal dialysis safely.

Would I be on my own?

When you learn the dialysis, you do not start alone until you are ready. The nurses will help you, and they do home visits. A doctor oversees your care and checks your regular bloodwork.

Call the Home Hemodialysis Unit. Come up for a tour and talk with nurses and other people on Nocturnal Hemodialysis.

**Home Hemodialysis Unit, TGH
Norman Urquhart Ground Rm 404
Phone: (416) 340-3736**