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Dialysis

Also called: Renal dialysis



When your kidneys are healthy, they clean your blood. They also make hormones that keep your bones strong and your blood healthy. When your kidneys fail, you need treatment to replace the work your kidneys used to do. Unless you have a kidney transplant [<https://medlineplus.gov/kidneytransplantation.html>] , you will need a treatment called dialysis.

There are two main types of dialysis. Both types filter your blood to rid your body of harmful wastes, extra salt, and water.:



- Hemodialysis uses a machine. It is sometimes called an artificial kidney. You usually go to a special clinic for treatments several times a week.
- Peritoneal dialysis uses the lining of your abdomen, called the peritoneal membrane, to filter your blood.

NIH: National Institute of Diabetes and Digestive and Kidney Diseases



Start Here

- Hemodialysis [<https://www.kidney.org/kidney-topics/hemodialysis>] (National Kidney Foundation)
Also in Spanish [<https://www.kidney.org/es/kidney-topics/hemodialisis>]
- Peritoneal Dialysis [<https://www.niddk.nih.gov/health-information/kidney-disease/kidney-failure/peritoneal-dialysis>]  (National Institute of Diabetes and Digestive and Kidney Diseases)
Also in Spanish [<https://www.niddk.nih.gov/health-information/informacion-de-la-salud/enfermedades-rinones/insuficiencia-renal/dialisis-peritoneal>]
- Treatment Methods for Kidney Failure: Hemodialysis [<https://www.niddk.nih.gov/health-information/kidney-disease/kidney-failure/hemodialysis>]  (National Institute of Diabetes and Digestive and Kidney Diseases)
Also in Spanish [<https://www.niddk.nih.gov/health-information/informacion-de-la-salud/enfermedades-rinones/insuficiencia-renal/hemodialisis>]

Living With

- Creatinine Test [<https://medlineplus.gov/lab-tests/creatinine-test/>]  (National Library of Medicine)
Also in Spanish [<https://medlineplus.gov/spanish/pruebas-de-laboratorio/prueba-de-creatinina/>]
- Eating and Nutrition for Hemodialysis [<https://www.niddk.nih.gov/health-information/kidney-disease/kidney-failure/hemodialysis/eating-nutrition>]  **Easy-to-Read** (National Institute of Diabetes and Digestive and Kidney Diseases)
Also in Spanish [<https://www.niddk.nih.gov/health-information/informacion-de-la-salud/enfermedades-rinones/insuficiencia-renal/alimentacion-adeuada?dkrd=/health-information/informacion-de-la-salud/enfermedades-rinones/metodos-tratamiento-insuficiencia-renal-hemodialisis/sentirse-bien>]
- Hemodialysis and Your Diet [<https://www.kidney.org/kidney-topics/hemodialysis-and-your-diet>] (National Kidney Foundation)

Related Issues

- Amyloidosis and Kidney Disease [<https://www.niddk.nih.gov/health-information/kidney-disease/amyloidosis>]  (National Institute of Diabetes and Digestive and Kidney Diseases)
- Anemia in Chronic Kidney Disease [<https://www.niddk.nih.gov/health-information/kidney-disease/anemia>]  (National Institute of Diabetes and Digestive and Kidney Diseases)




Also in Spanish [<https://www.niddk.nih.gov/health-information/informacion-de-la-salud/enfermedades-rinones/anemia>]

- Checklist to Help You Choose a Dialysis Facility [https://www.medicare.gov/care-compare/en/assets/resources/dialysis-facility/DFC_checklist_11-26-19_508.pdf] (Centers for Medicare & Medicaid Services) - **PDF**
- Dialysis Myths from Facts [<https://www.kidney.org/kidney-topics/dialysis-myths-facts>] (National Kidney Foundation)
- Emergency Meal Planning for Diabetic Patients on Dialysis [<https://www.kidney.org/kidney-topics/emergency-meal-planning-diabetic-patients-dialysis>] (National Kidney Foundation)
- Exercise: A Guide for People on Dialysis [<https://lifeoptions.org/assets/pdfs/exercise.pdf>] (Life Options Rehabilitation Program) - **PDF**
- Hemodialysis Catheters: How to Keep Yours Working Well [<https://www.kidney.org/kidney-topics/hemodialysis-catheters-how-to-keep-yours-working-well>] (National Kidney Foundation)
- Infections and Patients on Dialysis [<https://www.cdc.gov/dialysis-safety/about/>] (Centers for Disease Control and Prevention)
- Just the Facts: Skin and Hair Problems on Dialysis [<https://lifeoptions.org/assets/pdfs/SkinAndHair.pdf>] (Life Options Rehabilitation Program) - **PDF**
Also in Spanish [https://lifeoptions.org/assets/pdfs/just_the_facts_skin_and_hair_problems_on_dialysis_sp.pdf]
- Just the Facts: Vascular Access [<https://lifeoptions.org/assets/pdfs/VA.pdf>] (Life Options Rehabilitation Program) - **PDF**
- Kidney Dialysis: When Is It Time to Stop? [<https://www.mayoclinic.org/tests-procedures/hemodialysis/expert-answers/kidney-dialysis/faq-20057914?p=1>] (Mayo Foundation for Medical Education and Research)
Also in Spanish [<https://www.mayoclinic.org/es/tests-procedures/hemodialysis/expert-answers/kidney-dialysis/faq-20057914?p=1>]
- Mineral and Bone Disorder in Chronic Kidney Disease [<https://www.niddk.nih.gov/health-information/kidney-disease/mineral-bone-disorder>]  (National Institute of Diabetes and Digestive and Kidney Diseases)
Also in Spanish [<https://www.niddk.nih.gov/health-information/informacion-de-la-salud/enfermedades-rinones/alteracion-metabolismo-mineral-oseo/>]
- Planning for Emergencies: A Guide for People with Chronic Kidney Disease [<https://www.kidney.org/kidney-topics/planning-emergencies-guide-people-kidney-disease>] (National Kidney Foundation)
- Six Tips to Prevent Dialysis Infections [<https://www.cdc.gov/dialysis-safety/media/pdfs/dialysis-patient-pocketguide-p.pdf>] (Centers for Disease Control and Prevention) - **PDF**
- Travel Tips: A Guide for Kidney Patients [<https://www.kidney.org/kidney-topics/travel-tips-guide-kidney-patients>] (National Kidney Foundation)

Specifics

- Dialysis: Deciding to Stop [<https://www.kidney.org/kidney-topics/dialysis-deciding-to-stop>] (National Kidney Foundation)
- Home Hemodialysis [<https://www.kidney.org/kidney-topics/home-hemodialysis>] (National Kidney Foundation)

Clinical Trials

- ClinicalTrials.gov: Dialysis [<https://clinicaltrials.gov/search?intr=dialysis&aggFilters=status:not%20rec>]  (National Institutes of Health)
- ClinicalTrials.gov: Peritoneal Dialysis [<https://clinicaltrials.gov/search?cond=%22Peritoneal+Dialysis%22&aggFilters=status:not%20rec>]  (National Institutes of Health)
- ClinicalTrials.gov: Renal Dialysis [<https://clinicaltrials.gov/search?cond=%22Renal+Dialysis%22&aggFilters=status:not%20rec>]  (National Institutes of Health)

Journal Articles

References and abstracts from MEDLINE/PubMed (National Library of Medicine)


- Article: Bringing the museum into the hospital to promote cultural wellness in... [<https://www.ncbi.nlm.nih.gov/pubmed/40750800>]
- Article: Oral creatine in hemodialysis patients increases physical functional capacity and muscle... [<https://www.ncbi.nlm.nih.gov/pubmed/40743209>]

Article: Reliability and validity of the six-minute step test in assessing the...

[<https://www.ncbi.nlm.nih.gov/pubmed/40656948>]

- Dialysis -- see more articles [<https://pubmed.ncbi.nlm.nih.gov/?term=%22Renal+Dialysis%22%5Bmajr%3Anoexp%5D+AND+humans%5Bmh%5D+AND+english%5Bla%5D+AND+%22last+1+Year%22+%5Bedat%5D+AND+%28patient+education+handout%5Bpt%5D+OR+guideline%5Bpt%5D+OR+clinical+trial%5Bpt%5D%29++NOT+%28letter%5Bpt%5D+OR+case+reports%5Bpt%5D+OR+editorial%5Bpt%5D+OR+comment%5Bpt%5D%29+AND+free+full+text%5Bsb%5D+>]


Reference Desk

- Your Kidneys and How They Work [<https://www.niddk.nih.gov/health-information/kidney-disease/kidneys-how-they-work>]
 (National Institute of Diabetes and Digestive and Kidney Diseases)
Also in Spanish [<https://www.niddk.nih.gov/health-information/informacion-de-la-salud/enfermedades-rinones/rinones-funcionamiento>]

Find an Expert

- Find a Dialysis Facility [<https://www.medicare.gov/care-compare/?providerType=DialysisFacility>]
(Centers for Medicare & Medicaid Services)
- Medicare: Find and Compare Health Care Providers [<https://www.medicare.gov/care-compare/>]
(Centers for Medicare & Medicaid Services)
Also in Spanish [<https://es.medicare.gov/care-compare/>]
- National Institute of Diabetes and Digestive and Kidney Diseases [<https://www.niddk.nih.gov>] 
- National Kidney Foundation [<https://www.kidney.org/>]

Children

- Dialysis (For Parents) [<https://kidshealth.org/en/parents/dialysis.html>] (Nemours Foundation)
- Hemodialysis (For Parents) [<https://kidshealth.org/en/parents/hemodialysis.html>] (Nemours Foundation)
- How Do Health Care Professionals Treat Kidney Failure in Children? [<https://www.niddk.nih.gov/health-information/kidney-disease/children#kidney>]  (National Institute of Diabetes and Digestive and Kidney Diseases)
Also in Spanish [<https://www.niddk.nih.gov/health-information/informacion-de-la-salud/enfermedades-rinones/ninos#cuidado-kd>]
- Peritoneal Dialysis (For Parents) [<https://kidshealth.org/en/parents/peritoneal-dialysis.html>] (Nemours Foundation)
Also in Spanish [<https://kidshealth.org/es/parents/peritoneal-dialysis.html>]

Patient Handouts

- Central venous catheter - dressing change [<https://medlineplus.gov/ency/patientinstructions/000156.htm>]
(Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/patientinstructions/000156.htm>]
- Central venous catheter - flushing [<https://medlineplus.gov/ency/patientinstructions/000157.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/patientinstructions/000157.htm>]
- Central venous catheters - ports [<https://medlineplus.gov/ency/patientinstructions/000491.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/patientinstructions/000491.htm>]
- Dialysis - hemodialysis [<https://medlineplus.gov/ency/patientinstructions/000707.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/patientinstructions/000707.htm>]
- Dialysis - peritoneal [<https://medlineplus.gov/ency/article/007434.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/007434.htm>]
- Dialysis centers - what to expect [<https://medlineplus.gov/ency/patientinstructions/000706.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/patientinstructions/000706.htm>]
- Hemodialysis access - self care [<https://medlineplus.gov/ency/patientinstructions/000705.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/patientinstructions/000705.htm>]
- Hemodialysis access procedures [<https://medlineplus.gov/ency/article/007641.htm>] (Medical Encyclopedia)

Also in Spanish [<https://medlineplus.gov/spanish/ency/article/007641.htm>]

- Taking care of your vascular access for hemodialysis [<https://medlineplus.gov/ency/patientinstructions/000591.htm>]
(Medical Encyclopedia)

Also in Spanish [<https://medlineplus.gov/spanish/ency/patientinstructions/000591.htm>]



MEDICAL ENCYCLOPEDIA

Central venous catheter - dressing change [<https://medlineplus.gov/ency/patientinstructions/000156.htm>]

Central venous catheter - flushing [<https://medlineplus.gov/ency/patientinstructions/000157.htm>]

Central venous catheters - ports [<https://medlineplus.gov/ency/patientinstructions/000491.htm>]

Dialysis - hemodialysis [<https://medlineplus.gov/ency/patientinstructions/000707.htm>]

Dialysis - peritoneal [<https://medlineplus.gov/ency/article/007434.htm>]

Dialysis centers - what to expect [<https://medlineplus.gov/ency/patientinstructions/000706.htm>]

Hemodialysis access - self care [<https://medlineplus.gov/ency/patientinstructions/000705.htm>]

Hemodialysis access procedures [<https://medlineplus.gov/ency/article/007641.htm>]

Peritonitis - secondary [<https://medlineplus.gov/ency/article/000651.htm>]

Peritonitis - spontaneous bacterial [<https://medlineplus.gov/ency/article/000648.htm>]

Taking care of your vascular access for hemodialysis [<https://medlineplus.gov/ency/patientinstructions/000591.htm>]

Related Health Topics

Kidney Cysts [<https://medlineplus.gov/kidneycysts.html>]

Kidney Failure [<https://medlineplus.gov/kidneyfailure.html>]

Peritoneal Disorders [<https://medlineplus.gov/peritonealdisorders.html>]

National Institutes of Health

The primary NIH organization for research on *Dialysis* is the National Institute of Diabetes and Digestive and Kidney Diseases [<https://www.niddk.nih.gov>]

Other Languages

Find health information in languages other than English [<https://medlineplus.gov/languages/dialysis.html>] on *Dialysis*

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