

# More Frequent Home Hemodialysis What Patients and Studies Report

Being at home provides greater flexibility for more frequent therapy



## LESS STRESS ON THE HEART

12% Reduction in LVH<sup>1,2</sup> (thickening of the heart)  
20% Fewer low blood pressure episodes<sup>1</sup>



## MORE ENERGY AND VITALITY

More energy to do the things you love<sup>4</sup>



## MORE LIKELY TO RECEIVE A KIDNEY TRANSPLANT<sup>6</sup>



## ABILITY TO WORK AND GO TO SCHOOL

Keep working or go back to work<sup>8</sup>

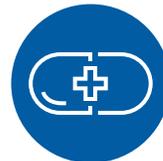
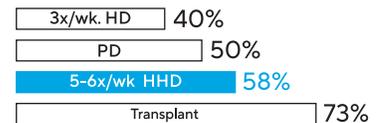


## IMPROVED SLEEP QUALITY

26% Reduction in restless leg syndrome<sup>10</sup>  
15% Reduction in sleep problems<sup>10</sup>



## IMPROVED 5-YEAR SURVIVAL<sup>3</sup>



## FEWER MEDICATIONS

36% Less blood pressure medication<sup>5</sup>



## FEWER LOW BLOOD PRESSURE EPISODES

20% fewer hypotensive episodes<sup>7</sup>



## IMPROVED APPETITE

Eat and drink more of what you like<sup>9</sup>



## IMPROVED POST-DIALYSIS RECOVERY TIME

87% Improvement in time to recover<sup>11</sup>  
5% Reduction in mortality for each hour that recovery time is reduced<sup>12</sup>

**Talk to your care team to learn about all your dialysis options.**

Sometimes it can be helpful to speak with someone who has been through the dialysis journey. Talk to a NxStage Patient Consultant to learn more about home dialysis. Our consultants are former or current patients or care partners. Call **1-888-200-6456** to connect with our team.

**Patients should review the following information carefully and discuss it with their doctors to decide whether home hemodialysis with NxStage systems is right for them.**

### **Risk and Responsibility**

Users should weigh the risks and benefits of performing home hemodialysis with NxStage systems.

- Medical staff will not be present to respond to health emergencies that might happen during home treatments.
- Users and their care partners will be responsible for all aspects of their hemodialysis treatments from start to finish.
- Users may not experience the reported benefits of home, more frequent, or nocturnal hemodialysis with the NxStage systems.
- The NxStage systems require a prescription for use.

Certain forms of home hemodialysis have additional risks.

- If a doctor prescribes more frequent home hemodialysis, vascular access is exposed to more frequent use, which may lead to access-related complications, including infection of the site. Doctors should evaluate the medical necessity of more frequent treatments and discuss the risks and benefits of more frequent therapy with users.
- If a doctor prescribes “solo/independent” home hemodialysis without a care partner during the day, risks of significant injury or death increase because no one is present to help users respond to health emergencies. If users experience needles coming out, blood loss, or very low blood pressure during solo home hemodialysis, they may lose consciousness or become physically unable to correct the health emergency. Users will need additional ancillary devices and training to perform solo home hemodialysis.
- If a doctor prescribes “nocturnal” home hemodialysis at night while the user and a care partner are sleeping, risks increase due to the length of treatment time and because therapy is performed while users and their care partners are sleeping. These risks include, among other things, blood access disconnects and blood loss during sleep, blood clotting due to slower blood flow or increased treatment time, or both, and delayed response to alarms when waking from sleep.

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### **References**

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