



Choosing the Right Dialysis Type

Part 3: **Which option will work best for *me*?**

This is a very personal decision and is best made with your physician, care team, and the people who are closest to you. After reading through Parts 1 and 2 of this guide (“**Part 1: What Are My Options?**” and “**Part 2: What Do I Need to Know?**”), please answer the questions below. You can then review this page with your Healthmap Solutions Care Navigation team member or bring it to your next appointment with your nephrologist (kidney doctor).

Let’s start with a few questions to review what you’ve read:

1. **What are my options for dialysis?** _____

2. **Why do I need to make this decision?** _____

3. **Have I made a decision yet about the use of dialysis?**

- | | |
|---|--|
| <input type="checkbox"/> I still haven’t thought about it | <input type="checkbox"/> I’m thinking about it |
| <input type="checkbox"/> I’m close to choosing | <input type="checkbox"/> I made my choice! |

LET'S EXPLORE MY OPTIONS

DIALYSIS TYPE	Reasons to Choose This Option	How Much This Matters to Me	Reasons Not to Choose This Option	How Much This Matters to Me
	(Benefits/ Advantages/Pros)	0 - not at all 5 - a great deal	(Risks/ Disadvantages/Cons)	0 - not at all 5 - a great deal
Peritoneal Dialysis				
Home Hemodialysis				
Hemodialysis in a Center				

Which option do you prefer?

- Peritoneal dialysis
- Home hemodialysis
- Hemodialysis in a center
- I'm still not sure

Let's talk about supporting your decision:

Who else is involved in this decision? _____

What option do they prefer? _____

Is this person pressuring you? _____

How can/will they support you? _____

For more information, please call Healthmap Solutions at 1-800-481-0474.