



Kidney Q&A

0-3 months

Life Options Rehabilitation Program
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Q: Can dialysis be scheduled around my work/school hours?

A: Dialysis is like a part-time job. It can take up a lot of your time and make it hard for you to keep your job or stay in school. But people all over the U.S. find ways to work or study with dialysis, and you can, too.

Some dialysis centers offer early morning or evening treatments. Small centers may only be open on Monday, Wednesday, and Friday. Most centers are open for treatments on Tuesday, Thursday, and Saturday too.

Let the staff know your work or school hours. Your center may be able to:

- Give you a shift time that fits your schedule
- Ask another patient to trade with you
- Put your name on a waiting list to get the time you want
- Suggest another nearby center that has the time slot you need

If one of these options won't work, you may want to talk to your employer to see if you can change your work hours, or look into home dialysis or a transplant. Some centers train people to do home dialysis—either peritoneal dialysis (PD) or home hemodialysis. Home dialysis or a transplant puts you in charge of your schedule, so you can fit your treatment in around your life.

What I can do to keep working or stay in school:

- Ask my center for a treatment time that fits my schedule.
- Ask my center if they can have someone trade times with me or put me on a waiting list for the time slot I need.
- Find a center that offers times that will fit with my work or school. Look for centers at www.wheredialysis.com or www.dialysisfinder.com.
- Find centers that offer home dialysis at www.homedialysis.org.
- Ask my employer or school if I can work out a schedule around my treatments.
- Talk with my doctor and the home training nurse about home dialysis or a kidney transplant.