

What is Peritoneal Dialysis (PD)?

PD is a type of dialysis treatment that can be done by you in the comfort of your own home after completing a PD training program with your home nurse.

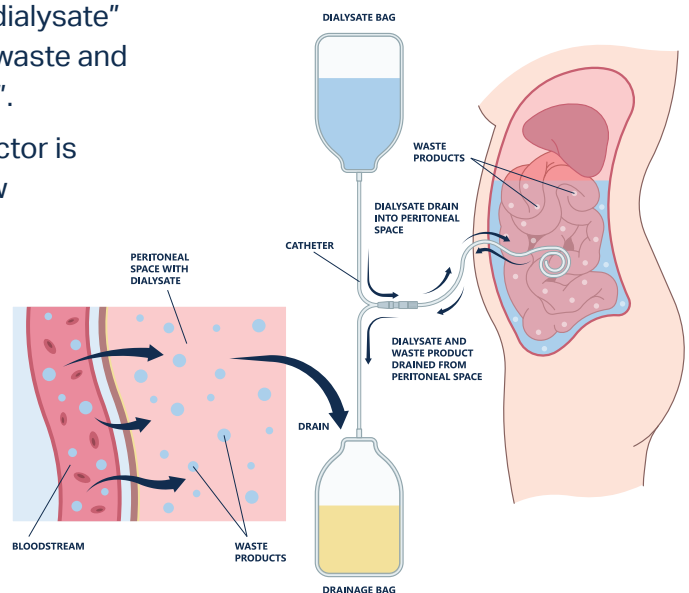
About Peritoneal Dialysis (PD)

During PD the internal lining of your abdomen (belly area) acts as a filter to help remove extra fluid and waste from your body. This internal lining is called your peritoneum. The area it surrounds is called the peritoneal cavity (space).

For each PD “exchange” a cleaning solution called “dialysate” is drained into the abdomen where it sits then pulls waste and toxins from your blood. This is called the “dwell time”.

When the “dwell time” prescribed by your kidney doctor is complete, the “used” solution is drained out and new fresh solution is put back in. This is called an “exchange”.

You need to have a Peritoneal Dialysis (PD) catheter to do this type of dialysis. This is usually a minor surgery. A small flexible tube (about the size of a straw), is placed into your abdomen by a surgeon. The tube is about 6 inches long, and stays in place when you are not using it.



You can do PD two different ways:

CAPD (Continuous Ambulatory Peritoneal Dialysis)

- Exchanges are done 2-4 times a day (20 - 40 minutes to complete)
- Disconnect and go about your normal activities during “dwell” time

APD (Automated Peritoneal Dialysis)

- Using a PD Cycler machine overnight
- PD Cycler moves the dialysate in, leaves it to dwell, and drains it out
- Frequency of cycles is set up on the machine

The type of PD you choose will depend on your lifestyle and your doctor’s prescription.

Benefits of Peritoneal Dialysis



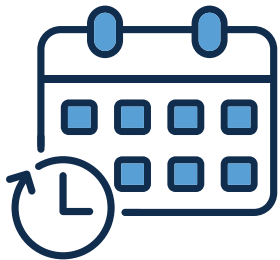
Diet

- You will be on a renal diet that reduces the amount of phosphorus, sodium, you can eat.
- However, many people on PD may have a diet that is less strict and gives slightly more freedom in what you can eat.



Lifestyle

- PD offers a more flexible treatment schedule. This flexibility may allow you to keep many of your normal routines.
- Most people can attend school, continue to work, or do other activities within limits.
- If you talk to your kidney doctor and home training nurse about activities you enjoy, they will work with you on a PD treatment plan that best fits your lifestyle.
- Treatments are performed at home and there are no needles.
- Visits to the clinic are usually only 2 times a month.
- The flexibility of PD makes traveling easy.



Considerations for PD

- Training usually takes 1-2 weeks.
- Need to schedule your dialysis into your daily routine.
- Need to have a PD catheter to perform the treatment.
- Need for storage for supplies and equipment.
- Need for treatment space.

There is always a potential risk of infection with any dialysis treatment. Speak with your kidney doctor and nurse to learn more about the benefits of HHD.