

NEPHROLOGY ASSOCIATES OF MICHIGAN

PERITONEAL DIALYSIS

WHAT IS PERITONEAL DIALYSIS? Peritoneal dialysis or **PD** is one type of dialysis therapy that uses the lining of your abdomen called the peritoneal membrane to clean your body of excess fluid and waste products. The membrane covers your intestines, bowel and other abdominal organs creating a space in your belly. This space is called the peritoneal cavity. The membrane has tiny little holes that can be used to strain wastes, toxins and excess fluid from your blood.

CAN ANYONE DO PD? PD is an option for most people, however, not right for everyone. PD is generally chosen based on a person's lifestyle, home environment and dietary and fluid advantages. In addition, one must be capable of performing the procedure, or have a family member or friend to do the procedure. PD may not be appropriate for people with a history of abdominal surgeries due to scarring or people significantly overweight.

Good candidates for PD include people who:

- ❖ Employed full or part time
- ❖ Are in school, students
- ❖ New to dialysis or transplant rejection
- ❖ Live far from a clinic or have trouble with transportation
- ❖ Have fear of needles
- ❖ Have difficulty following fluid or dietary restrictions
- ❖ Want more control of their lives and be more independent

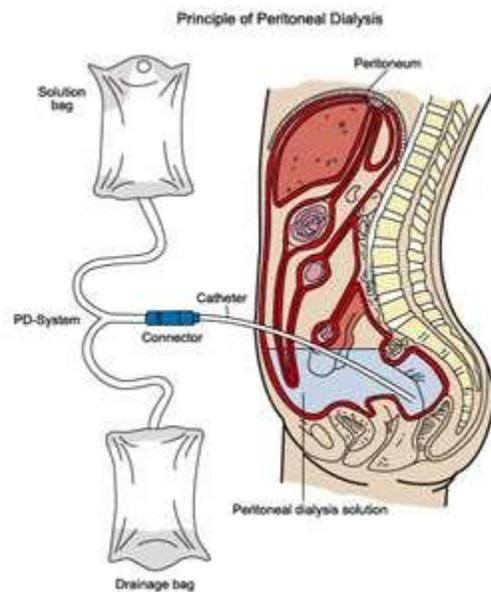
CAN SOMEONE WHO LIVES ALONE CHOOSE PD? Yes, people who live alone may choose PD.

WHERE ARE PD TREATMENTS PERFORMED? PD is done in the comfort of your own home. It's best if you have one clean well lit room dedicated for your treatments and to store needed supplies.



HOW DOES IT WORK? PD uses your peritoneal membrane, the lining of your abdomen as the filter. Solution is placed in the abdomen through your catheter. The solution comes in contact with the peritoneal membrane for several hours. Waste and fluids pass through the filter, and then the solution and waste are drained from your abdomen.

THE CATHETER A soft plastic tube called a PD catheter is surgically placed in your peritoneal cavity to use for your treatments. About 6 to 10 inches of the catheter extends out of the body. This is a minor outpatient surgery and you will be sent home around an hour after the procedure. After about 2 weeks of healing you can start your training and learn how to do the procedure.



IS THERE MORE THAN ONE TYPE OF PERITONEAL DIALYSIS? There are two types of PD. Initially patients start with **CAPD or Continuous Ambulatory Peritoneal Dialysis** then switch to **APD or Automated Peritoneal Dialysis** after the first month of treatment.

WHAT IS CAPD? Continuous Ambulatory Peritoneal Dialysis or CAPD. This is a continuous process of cleaning your body of excess fluids and waste products. CAPD involves filling your peritoneal cavity with a sterile dialysate solution, through the PD catheter. The solution remains in your peritoneal cavity for about 4 hours then drained out and replaced or exchanged with new solution immediately after the draining. This procedure is called an **exchange**. Exchanges are performed four times a day, usually when you first wake up, lunch time, dinner time and bed time, however, times can be flexible to meet your daily needs and schedules. Exchanges should be performed 4 to 6 hours apart and take about 20 to 30 minutes to perform. The time between your exchanges is called the **dwel** time and you can go about your usual daily activities during this time.

WHAT IS APD? APD are exchanges done at home with the help of a “cycler” machine. APD uses a machine called a “cycler” to aid in the exchange of the dialysis solution. Three to five exchanges are performed in an 8 to 10 hour period while you sleep. One manual exchange during the day is also required. Use of the automated cycler while you sleep frees up time for your daytime activities.



HOW DO I LEARN TO DO PERITONEAL DIALYSIS? PD training takes place at an outpatient dialysis center by professional nurses trained in peritoneal dialysis, under the direction of your nephrologist. Training takes place Monday through Friday for one week. Following training patients feel comfortable and secure performing the procedure.

WHAT ARE THE ADVANTAGES OF PD?

- ❖ More involvement in your care
- ❖ More flexible lifestyle
- ❖ No needles or blood contact
- ❖ Remaining kidney function lasts longer
- ❖ Fewer clinic visits

LET YOUR DOCTOR KNOW IF YOU ARE INTERESTED IN LEARNING MORE ABOUT PERITONEAL DIALYSIS.