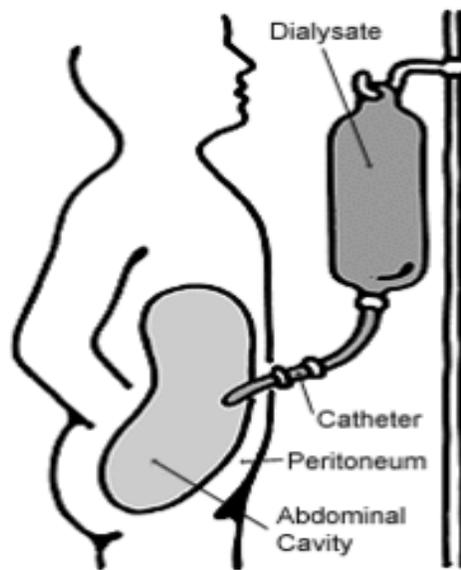


Peritoneal Dialysis

Dialysis at Home



What is peritoneal dialysis (PD) and how does it work?

What kind of access site is used for PD?

What about infections?

How do I know if I am eligible for PD?

Review some things to consider about peritoneal dialysis.

Information Provided By: **Greenfield Health Systems**

Dedicated to Dialysis

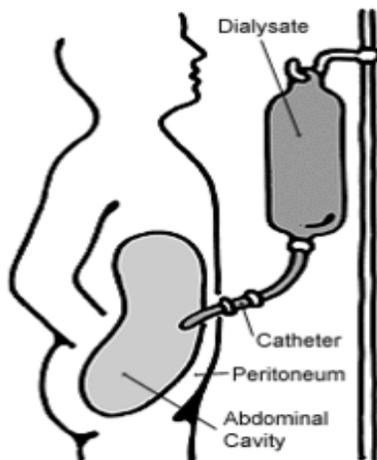
Peritoneal dialysis, a home dialysis treatment, gives you more independence and freedom.

Dialysis removes waste (toxins) and extra fluid from the blood. There are two kinds of dialysis, peritoneal dialysis (PD) and hemodialysis (HD). Peritoneal dialysis uses the peritoneal membrane, the lining of the abdominal cavity, to clean the blood inside the body. Hemodialysis cleans the blood through a dialyzer outside the body. The focus here is on peritoneal dialysis, a home dialysis treatment.

Keep in mind that:

- **A normal functioning kidney removes waste (toxins) and fluid from the blood 24 hours a day.**
- Peritoneal dialysis removes waste (toxins) and fluid from the blood daily. **Because peritoneal dialysis is more like the natural kidney function, there may be more freedom with your diet and fluids.** For more information on home dialysis treatments visit our website at www.ghsrenal.com. You may also visit www.kidney.org and www.lifeoptions.org.

What is peritoneal dialysis (PD) and how does it work?



The peritoneal membrane (peritoneum) is used as a filter for peritoneal dialysis. It is a thin lining around your abdominal cavity, which contains the intestines, stomach, spleen, and liver.

There are two kinds of peritoneal dialysis, CAPD and APD. **These treatments are done by you or another person and can be done at home, work, school or on vacation.**

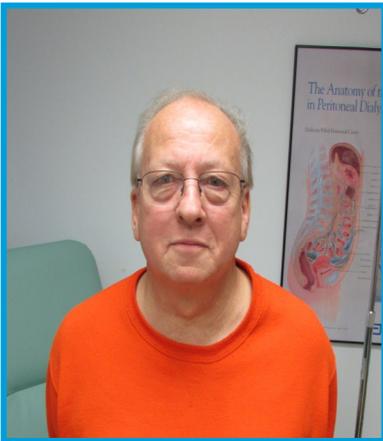
1. Continuous Ambulatory Peritoneal Dialysis (CAPD)

Continuous—dialysis is done 24 hours a day, 7 days a week

Ambulatory—you are ambulatory and able to walk around

Peritoneal—uses the peritoneal membrane in your abdomen

Dialysis—cleans the blood



Mr. Vance Lake (PD patient)

Your blood is cleaned inside your body through the peritoneal membrane 24 hours a day. There are **no needles or blood involved** in CAPD.

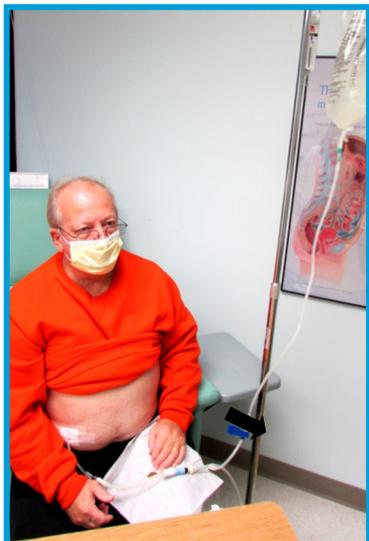
“My name is Vance Lake and I am a retired medical technologist. I feel better after starting peritoneal dialysis and I now have the energy to cook and garden, which I enjoy. I am glad I can do my treatments at home and spend more time with my family.”

The **access site for CAPD and APD** is a small soft plastic tube (**catheter**) that is placed in your abdomen during an outpatient surgery. The risk of infection is less. Here are some things to know about the PD catheter:

- Typically it is placed a little below and to the side of the belly button.
- 8 to 10 inches of the catheter are outside the body.
- It takes 2 to 4 weeks to heal before it can be used for dialysis and the nurse will flush it periodically during the healing process.
- You can take showers but no baths.



PD Catheter - Access Site



Mr. Lake draining solution into his abdomen.

The PD catheter is used to do manual exchanges for dialysis. An “**exchange**” involves filling your abdominal cavity with a dialysis solution. It stays (dwells) in the abdomen about 4 to 6 hours, allowing dialysis to take place, and is then drained away along with the waste and fluids absorbed from the blood. It is during the dwell phase that you can go about your daily activities.

“Manual” means you do the exchanges yourself. An exchange takes about 30 minutes. They are done in a clean area to avoid infection. Electricity is not needed.

The number of exchanges is determined by your doctor. Most people do 4 exchanges a day. The schedule can be flexible depending on what you have planned for the day.

Training for PD takes 1 week, depending on the person. You do not need a partner to learn or do PD. Afterward, you will be seen generally twice a month in your dialysis unit. The first visit is to have your blood drawn for labs and the second visit is with the doctor, nurse, dietitian, and social worker. You have access to a nurse by phone 24 hours a day, 7 days a week.

Dialysis supplies are delivered monthly to your home. You need enough storage space for them. When traveling, the supplies can be delivered to your travel location or you can take them with you in your car or on a plane. You can even go on a cruise and have your supplies delivered to the ship. You can work with the social worker to arrange a backup unit in case you need assistance while traveling.

What about infections?

There are two types of infection that can occur while on PD.

Peritonitis. This is an infection of the peritoneal cavity. It is preventable. The most common cause of peritonitis is not doing an exchange as taught in training. Should peritonitis occur it is usually treated on an outpatient basis with antibiotics put in the solution used for your dialysis at home.

Exit site (where your catheter exits your abdomen). You will be taught during training how to care for the catheter. Following the guidelines will prevent infections at the exit site.

Getting an infection is NOT inevitable. If the proper precautions and procedures are followed when doing an exchange, you should not get an infection.

2. Automated Peritoneal Dialysis (APD)

Automated— dialysis is automatically done by the cyclor machine

Peritoneal—uses the peritoneal membrane in your abdomen

Dialysis—cleans the blood

APD allows you to do all or most of dialysis while you sleep.

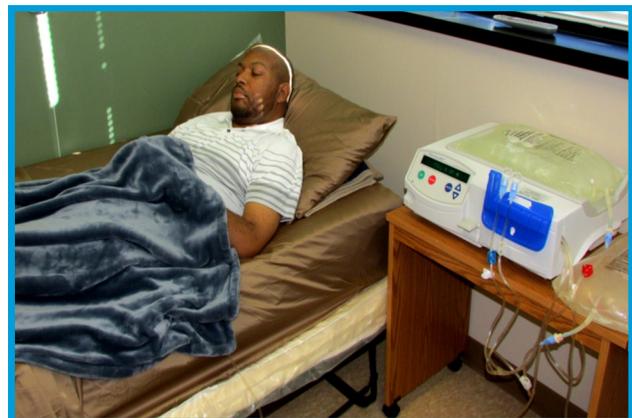
Before going to sleep, you connect the catheter to the tubing attached to the machine (cyclor). The cyclor will do exchanges while you sleep, allowing the PD solution to dwell in your abdomen 1 1/2 to 2 1/2 hours each time. Normally there are 4 to 5 exchanges overnight. **Some people need to do an additional daytime exchange.** This is determined by your doctor.

The cyclor machine uses electricity. If the electricity goes out, you can do CAPD.

You are trained for APD by a home dialysis nurse at the dialysis unit. You do not need a partner to do the treatments. Clinic visits, supply delivery and travel information are the same as CAPD. The cyclor machine weighs about 25 pounds and has a soft-sided suitcase for travel.



Cyclor Machine



Mr. Early Kelly III doing APD.

How do I know if I am eligible for peritoneal dialysis?

Just about anyone can do PD. Talk with your home nurse if you are interested in learning more about PD.

Peritoneal Dialysis Some Things to Consider

- Preserves your residual kidney function
- Patients have more energy and feel better
- The continuous treatment is more like your natural kidneys
- More flexibility and control of your treatment schedule
- Greater independence
- May have more freedom with your diet
- A needleless and bloodless method of treatment
- Dialysis in the comfort of your home, at work, school or on vacation
- Only two monthly visits to the dialysis unit
- Easy to travel
- Can dialyze while you sleep (APD)
- May require fewer medications
- Need to schedule exchanges around your daily routine 7 days a week
- There are no days off
- Part of the catheter is outside your body
- Can take showers. No baths.
- Possibility of developing peritonitis or an exit site infection
- May gain weight / larger waistline
- Will carry additional weight in your abdominal area (if using CAPD)
- Need a clean area to do dialysis
- Need storage space in your home for supplies
- Has better outcomes when transplanted

