

# PERITONEAL DIALYSIS

Peritoneal dialysis (PD) uses the natural lining of your abdomen called the peritoneal membrane, which surrounds your stomach, spleen, liver and intestines. It can act as an artificial kidney because it has tiny blood vessels that can be used to filter your blood and remove fluid and waste products. It is gentle on the heart and does not require needles.

## TWO TYPES OF PD

The best option for you depends on your lifestyle and personal needs.

### Continuous Automated Peritoneal Dialysis

With manual, or Continuous Automated Peritoneal Dialysis (CAPD), PD catheters are attached to plastic tubing called an exchange set. The tubing drains old fluid and infuses new solution into your peritoneal or abdominal cavity. The solution “dwells” or remains for several hours as prescribed by your doctor. Each drain and fill, called an exchange, takes about 30 minutes and is typically done several times a day. This can be done at home, at work or on the go.

### Continuous Cycling Peritoneal Dialysis

Continuous Cycling Peritoneal Dialysis, also known as CCPD or APD, exchanges fluids several times while you sleep with a machine called a cycler. Some patients may have remaining PD fluid in their abdomen during the day if prescribed.

## PERITONEAL DIALYSIS BENEFITS:

- Flexibility
- Done at home, during day or night
- Portable equipment allows for travel
- Treatment without needles
- Fewer dietary restrictions
- Continuous, gentle dialysis



## GETTING STARTED

To prepare for peritoneal dialysis (PD), a surgeon will place a semi-permanent tube called a PD catheter into the peritoneal or abdominal cavity. This allows the fluid to enter and drain from the abdomen. Once your surgical site has healed, the home staff will train you on all aspects of peritoneal dialysis. This training usually takes from seven to 10 days. With any home dialysis therapy, someone is available to you and on call 24 hours a day to answer any questions you have.

PD requires a pre-packaged solution, a mixture of minerals and sugar dissolved in water, called dialysate. The dialysate goes into your abdomen through the PD catheter and “dwells” for the amount of time prescribed by your doctor.

While dwelling, the PD fluid draws wastes and extra water from your blood through the peritoneal membrane and into the solution. You then drain the used solution and instill fresh, clean PD fluid. This process of filling with new PD solution, allowing the solution to dwell, then draining the used solution is called an exchange, which occurs through the PD catheter.

If you need additional training or have questions regarding peritoneal dialysis, your home care team is here for you.



## WHAT'S NEXT?

Before you start peritoneal dialysis, a nurse will visit your home to ensure you have enough space for PD supplies and make suggestions for safe PD treatment.

After you start PD at home, you will still be seen at least monthly for blood work and to see your doctor and home care team. Some nephrologists prefer to see patients twice a month, once for blood work and another time to discuss the results and see the home care team. Some visits may be done remotely by telehealth.

