

PERITONEAL DIALYSIS

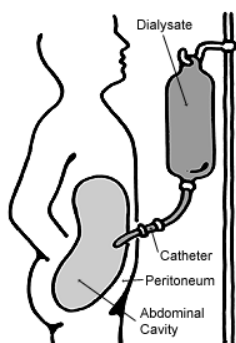
What Is Dialysis?

Dialysis is a process that uses “artificial” means to clean your blood when your kidneys can’t. Dialysis will not cure kidney disease, but it helps your body get to a healthier state. The good news about kidney dialysis treatment is that there are many types of treatment that you can choose from. You should look at each type carefully and select a type that will fit your life style best.

Kidney disease has many treatment options. Select one that fits your lifestyle best!

What Are the Dialysis Treatment Options?

There are two basic types of dialysis: Hemodialysis and Peritoneal Dialysis. Each of these has even more choices. The different types of peritoneal dialysis are described below. Look at the *Comparing Treatment Options* table included in this educational series for more information to compare and select the best option for YOU.



Mid-Atlantic Renal Coalition

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A Guide to Better Living

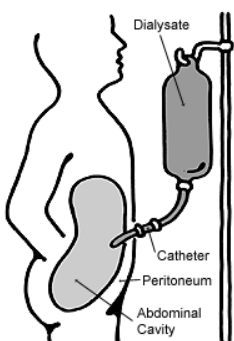
What Is Peritoneal Dialysis (PD)?

Peritoneal dialysis is a type of dialysis that you do at home on your own. Training is required, but a partner is not needed and there are no needles. Your body has a membrane, called the peritoneum, which surrounds the intestines and other organs inside the abdomen, or gut. The peritoneum is what is used to filter out the extra fluid and toxins from your blood. It works like the filtering membrane in hemodialysis. Waste products and certain substances can pass through the many tiny holes in the peritoneum.

The access for this type of treatment is a small tube, called a PD catheter. The PD catheter is placed by a surgeon just below the naval (your belly button). The catheter stays there between treatments and can be taped down so that it isn't noticeable through your clothes.

How Does PD Work?

During treatment, your abdomen is filled with a solution called dialysate. Waste products filter into this fluid and after a few hours the dialysate and wastes are drained out. Then the process is repeated. One cycle of filling and draining is called an exchange. If you think of a tea bag dunking in a cup of water, your body is the tea bag and the dialysate solution is the water. The tea bag (your peritoneum) filters the tea (fluids and toxins in your blood) into the water (the dialysate solution.)



What Are the Types of PD?

There are three types of Peritoneal Dialysis:

- Continuous Ambulatory Peritoneal Dialysis (CAPD)
- Continuous Cycling Peritoneal Dialysis (CCPD) or Automated Peritoneal Dialysis (APD)
- Intermittent Peritoneal Dialysis (IPD)

Peritoneal dialysis is done every day. Because your body is being cleaned more regularly the treatments are gentler to the body and the diet is more like normal.

Continuous ambulatory peritoneal dialysis (CAPD) is done without the use of machines and is a complete “Do-It-Yourself” treatment. You connect your PD catheter to a bag of dialysate (which looks like the IV fluid bags hanging in hospitals) and drain the dialysate into your abdomen. You then disconnect and go on with your day for about 4 to 6 hours while the dialysate fluid does the work. Later, you reconnect to an empty bag, drain the dialysate out of your belly into that bag and throw it away. You then attach a new bag, drain the fresh solution into your belly, and the process starts again.

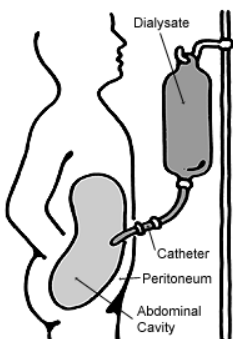
Other than the time needed for your exchanges, you are free. These exchanges can be done almost anywhere, but it is important that you are careful to be very clean when making exchanges. A nurse will teach you the process and work with you until you both feel comfortable doing the exchanges on your own.

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What Is the Difference Between CAPD and CCPD (also known as APD)?

The only difference between CAPD and CCPD is who—or what—is doing the fluid exchanges. CCPD is done in your home for about 10 hours at night while you sleep. This is a popular form of home dialysis. Every night you connect yourself to a machine that is programmed to do the exchanges automatically. Some people will combine CAPD with the automatic version so they will be on the cyclor at night for a shorter amount of time and do one or two exchanges manually during the day.

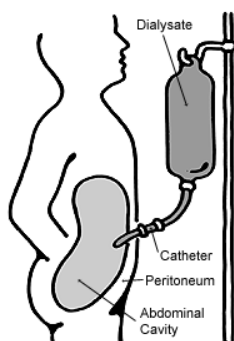
You will be trained to do this treatment on your own. Anyone can learn!

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What About IPD?

Intermittent peritoneal dialysis (IPD) is done for a long time (24 hours) and is usually done in emergency situations in a hospital. It is rarely used for long-term kidney treatment.

Peritoneal Dialysis

Where Can I Find More Information About Treatment Options?

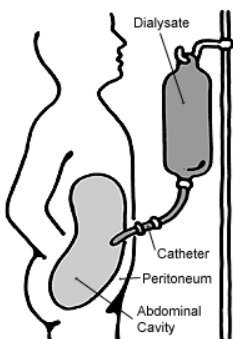
The pros and cons of each of these forms of peritoneal dialysis are found on the *Comparing Treatment Options* table included in this educational series. For more information speak with your doctor or care team. They should help you to understand what options are appropriate for you. If your unit does not offer the type of treatment you are interested in, staff should help you locate a facility that does. You can also contact the ESRD Network (Mid-Atlantic Renal Coalition) for assistance.

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