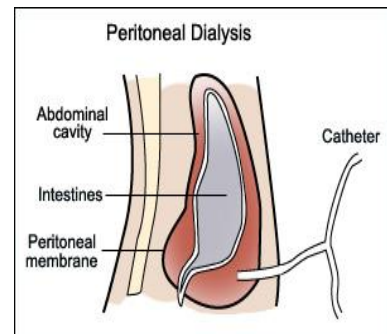


Dialysis Treatment Options: Peritoneal Dialysis (PD)

If your kidneys are not working well and you have end-stage renal disease (ESRD), peritoneal dialysis is one treatment option. Dialysis is a process of removing the wastes and excess fluid from your blood that your kidneys can no longer remove. Peritoneal dialysis is one type of dialysis treatment.

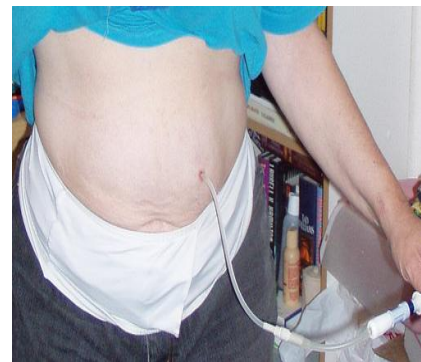
What is peritoneal dialysis?

Peritoneal dialysis cleans your blood of wastes using the body's own membrane in your abdomen or belly, called the peritoneal membrane, as a filter. The peritoneal membrane is the lining that covers the organs in your belly, such as the stomach, liver, spleen and intestines. The peritoneal membrane has many tiny holes and acts as a filter to remove the waste products and excess fluid from the blood.



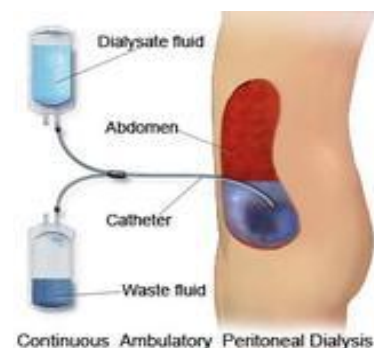
Picture #1: www.wiralchsterkidney.nhs.uk

A small, soft tube (called a catheter) is placed in the belly to get rid of excess fluid and wastes. About 6 inches of the tubing will be outside the belly. The soft tube is called an access because it provides a way to get the dialysis liquid into your belly. The soft tube is usually placed in the operating room or a procedure room. It takes about two weeks for the skin to heal around the tube before dialysis can be started.



Picture #2: <http://www.google.com/imgres?q=peritoneal+dialysis+catheter>

Peritoneal dialysis is done by using a special liquid (called dialysate) that flows into the belly's cavity through the soft tube. The dialysis liquid flows into the belly from a large bag. The liquid is left in the belly for a period of time (usually 1-2 hours) and then drained out into a waste bag. The bag contains the

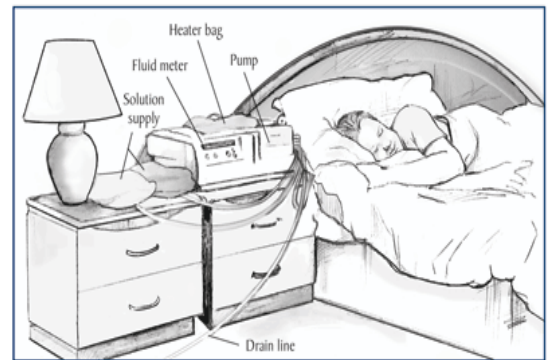


Picture #3: <http://trialx.com/curebyte/2011/06/30/pictures-for-continuous-ambulatory-peritoneal-dialysis/>

dialysis liquid plus the wastes and excess fluid in the blood. This process is repeated several times each day.

Peritoneal dialysis must be done every day in the home. Training takes place in a dialysis center and can take from 4 days to 3 weeks. Someone, usually a trained nurse, will be reachable to answer questions that may arise when at home. The dialysis supplies will be delivered to your house.

There are two methods of delivering peritoneal dialysis. One method uses a machine to get the fluid into your belly and works while you sleep. This is called cycler dialysis (see Picture #4). The other method, called ambulatory dialysis, is a manual system as illustrated in Picture # 3 that is done several times during the day. Ambulatory dialysis uses gravity to get the liquid into your body. You and our kidney doctor will determine which method is best for you.



Picture #4: <http://kidney.niddk.nih.gov/kudiseases/pubs/peritoneal/>

How will PD affect my lifestyle?

The soft tube itself is not painful. You may feel the liquid flow in and out of your belly. You will be able to change the amount of liquid flowing into in your belly's cavity, if needed. You will need to make time each day for your dialysis treatments. And, you will need to work with your dialysis center to make sure you have all the supplies you need at home. It is very important you do dialysis at home the way you were taught in order to avoid complications. You should be able to do the activities you enjoy most. Exercise is encouraged for all those who have dialysis. Although the soft should be taped to your belly to make sure no pulling occurs, the soft tube should not get in the way of you and your partner having sexual relations.

What are some possible problems?

#1 Infection:

You can get an infection around the soft tube or in your belly. Signs and symptoms of an infection are belly pain and/or pain when you touch your belly, cloudy fluid from the soft tube, thick drainage coming from about the catheter, fever, chills and/or not feeling well. If you have any of these symptoms, you will need to call your dialysis clinic or go to an emergency department. You will probably need treatment with antibiotics.

#2 Problems with your catheter:

Problems with your soft tube can prevent the dialysis liquid from flowing into or out of your belly. You will need to contact your dialysis clinic for guidance on what to do about any problems you might have.

What are some of the possible gains and problems of peritoneal dialysis?

Possible gains of peritoneal dialysis	Problems with peritoneal dialysis
Done in the privacy of your own home	Need space in your home for needed supplies and equipment
Can fit dialysis schedule to home routine	Training needed to perform treatment
Don't have to travel to have dialysis done	Size of your belly may increase
Can travel by packing your own dialysis supplies or have supplies delivery to any travel destination	Requires placement of a soft tube in your abdomen
Less fluid and food restrictions than hemodialysis- can drink more fluid and eat more foods that have potassium in them	Need to schedule dialysis treatment into your daily routine
No needles involved for dialysis	Putting fluid into your belly carries some risk of infection
May be able to do dialysis while you sleep	Must be willing and able to care for yourself