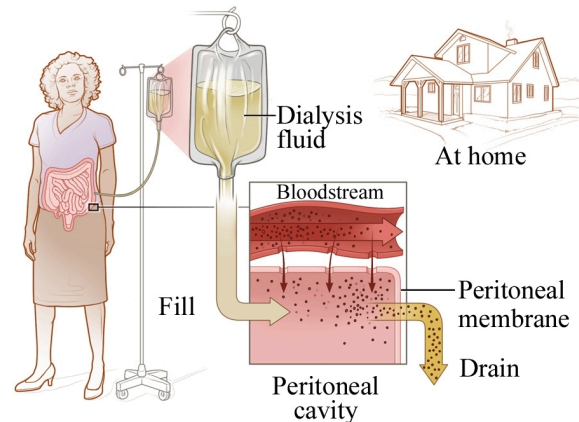


Kidney Disease: Peritoneal Dialysis

Dialysis is a process that does the work for your kidneys when you have kidney failure. Dialysis filters wastes, removes extra fluid, and works to restore the proper balance of chemicals in the blood.

Peritoneal dialysis uses the lining of your belly, which is called the peritoneal membrane, to filter your blood.

Peritoneal dialysis does not cure chronic kidney disease, but it can help you live longer and feel better.



How is peritoneal dialysis done?

For peritoneal dialysis, you do not need to go to a dialysis center for treatment. Instead, after you get training, you will do your own treatments. You can do them at home or in any clean place.

The process of doing peritoneal dialysis is called an exchange. Each exchange has three steps: fill, dwell, and drain.

1. **Fill:** Dialysis solution enters your belly through the catheter. The dialysis solution is a mixture of sugar, minerals, and water.

2. **Dwell:** The dialysis solution pulls excess fluid and wastes through the peritoneal membrane, which acts as a filter.
3. **Drain:** After a few hours, you drain the dialysis fluid and replace it with new fluid.

It takes about 30 to 40 minutes to drain and refill.

How many exchanges will you need?

How many exchanges you need will depend on what type of peritoneal dialysis you choose:

- **Continuous ambulatory peritoneal dialysis (CAPD)** is the form of peritoneal dialysis that most people use. During

CAPD, the dialysis solution stays in your belly for about 4 to 6 hours. Then you'll drain that solution and fill your belly with fresh solution. You need to change the solution several times a day.

- **Continuous cycling peritoneal dialysis (CCPD)** uses a machine that automatically fills and drains the solution from your belly. This process takes about 8 to 12 hours. It can be done at night while you sleep.

Pros and cons of peritoneal dialysis

Dialysis is a lifesaving treatment when you have kidney failure. As you consider what type of dialysis to have, weigh the pros and cons of each type.

On the plus side:

- Peritoneal dialysis can be done at home or in any clean place. You may be able to do it while you sleep.
- You can do it by yourself. You do not have to rely on help from others.
- You can do it at the times you choose as long as you do the right number of exchanges.

- Peritoneal dialysis does not have as many food and fluid limits as hemodialysis.
- You will not have to use needles or take blood-thinning medicines.

On the minus side:

- Peritoneal dialysis has to be done every day of the week.
- Some people find it hard to do all the steps that are required.
- It increases your risk for a serious infection of the lining of the belly, called peritonitis.

Preparing for peritoneal dialysis

Before you can start dialysis, a doctor has to create a dialysis access. This is the place where the dialysis solution can flow into and out of your body.

For peritoneal dialysis, your doctor will place a soft tube, or catheter, in your belly. This is your peritoneal dialysis (PD) catheter. Placement is usually done 10 to 14 days before dialysis starts.

Do you have any questions or concerns after reading this information? It's a good idea to write them down and take them to your next doctor visit.