Peritoneal Dialysis

About Peritoneal Dialysis
Peritoneal Dialysis (PD) is a procedure that cleans the blood of waste products and fluids that build up in your body when your kidneys do not work. A PD catheter tube is placed surgically through the abdominal muscles and then into the peritoneal cavity. This tube is not put into any organ, but in the empty space (peritoneal cavity) that surrounds the intestines where extra fat and blood vessels are located.

After PD Placement
After the surgery, you will have about a 6 inch length of tubing coming out from your abdomen. You may have discomfort from surgery, so ask for pain medicine.

- A large dressing will be over the catheter site to protect the catheter, promote healing, and prevent infection. The dressing will stay in place for 5 days and then it will be changed by the nurse. You need to keep your dressing dry.

More on next page ➔

Learn more about your health care.
• The PD catheter is often not used for 2 weeks after the placement. This time allows for healing which prevents leaking of fluid when the catheter is used. If you need dialysis during this time, hemodialysis will be done.

Having Peritoneal Dialysis

When your PD catheter is ready for use, you will meet with a PD training nurse and train for this procedure in an outpatient clinic.

There are 3 steps in the PD exchange procedure:

**Fill**

Usually 2 quarts of PD solution (dialysate) is put into the abdomen through the PD catheter. The PD solution is made up of electrolytes and dextrose (sugar). The solution goes in by gravity.

**Dwell**

The solution stays in the abdomen 4 to 6 hours. While the dialysate stays or dwells in your abdomen, chemicals, toxins and fluids are being removed from your bloodstream. This process of removing the fluids and waste products is called dialysis.

**Drain**

After the dwell time is complete, the solution is then drained out by gravity. The drained fluid is similar to urine, and will be clear yellow in color.
Once the draining step is complete, a new bag of PD fluid is connected to the PD catheter, and the cycle continues. These 3 steps are usually done 4 times a day with meals and at bedtime. Connecting the solution must be done in a clean private area. It often takes a total of 2 hours a day to fill and drain the solution.

Learning how to take care of your self at home is important. If you have questions about your care, you will have phone support of a nurse and can visit dialysis clinics for help. You or the family member helping you will need to:

- Take and monitor your pulse, blood pressure and temperature.
- Have good eye sight and dexterity to get the needle into the IV base for the exchange using sterile and clean technique.
- Perform and exchange.
- Be able to take care of your catheter.
- Eat nutritious foods and take care of your body.

<table>
<thead>
<tr>
<th>PD Pros (Advantages)</th>
<th>PD Cons (Disadvantages)</th>
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</thead>
<tbody>
<tr>
<td>No needles</td>
<td>Done 24 hours a day, 7 days a week</td>
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<tr>
<td>Done at home</td>
<td>Must be able to care for self</td>
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<tr>
<td>Independence</td>
<td>Change in body image</td>
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<tr>
<td>Some people with diabetes may stop insulin injections</td>
<td>Danger of infection</td>
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<tr>
<td>Usually have more energy</td>
<td>Storage of supplies</td>
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<tr>
<td>Easier to travel</td>
<td>May cause weight gain</td>
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<tr>
<td>Can continue working</td>
<td>Feeling of fullness</td>
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<tr>
<td>Stable weight and blood pressure</td>
<td>Increased incidence of hernias</td>
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PD is an easy procedure that can be done anywhere, by people of all ages. There are few people who are not PD candidates. Your doctor will discuss this with you.