



# Peritoneal Dialysis

Helping you make the right choice

  
Newfoundland  
&  
Labrador

## The Kidneys Roles

The kidneys are two bean shaped organs located in your lower back, laying on either side of your spine.

Your kidneys do a lot of important work, some of which includes:

- Fluid balance;
- Filtering waste and toxins;
- Balancing nutrients; and,
- Making hormones important in controlling bone health and blood pressure.

As your kidney disease progresses, the ability of your kidneys to do their job declines. Once a certain level of kidney failure is reached, renal replacement therapy through dialysis, may be required.

## How to get dialysis

There are three ways to get your treatment:

1. In-centre hemodialysis
2. Home hemodialysis
3. Peritoneal dialysis

Both home hemodialysis and peritoneal dialysis can be done by you or your caregiver, in your own home.

## Peritoneal Dialysis

Peritoneal dialysis (also known as PD) is transportable as there are few supplies needed to do a treatment.

For PD you need to have a permanent catheter (or tube) inserted into your abdomen. This will be inserted in day surgery. After it is healed it is ok to start using the catheter for dialysis.

A PD treatment involves 3 steps.

Step 1: You drain (empty) your abdomen. The fluid that drains out contains toxins, fluids, and wastes.

Step 2: You fill your abdomen with your PD solution. This solution acts to “draw out” unwanted toxins, fluids, and wastes.

Step 3: You let the solution dwell (sit/stay) in your abdomen to do the work. Once the solution is in your abdomen it needs some

time to work. While the solution is in your abdomen, you can disconnect and continue your regular routine. This solution will be good in your abdomen on average four to six hours before another treatment needs to be done. All three steps together make up a PD exchange.

## Types of PD

- CAPD (Continuous Ambulatory Peritoneal Dialysis): This form of PD is done manually four times each day at breakfast, lunch, supper and at night. Each treatment will take about 30 minutes.
- APD (Automated Peritoneal Dialysis): This form of PD is done at night using a machine called a cycler. You connect to your cycler for treatment at night. The cycler performs the treatment while you sleep. When your treatment is finished, in the morning, you disconnect from your cycler until your next treatment, the next night.

## Training

Training for CAPD usually takes one week (Monday to Friday). Once trained for CAPD, training for APD usually takes three days.

All training and essential PD supplies are provided at no cost.

You will be provided with a 24-hour toll free technical support number, and will have routine contact and follow up with your primary care nurse. There will be a member of the health care team accessible by telephone at all times.

If you have any questions or concerns, please reach out to your closest dialysis care provider.

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