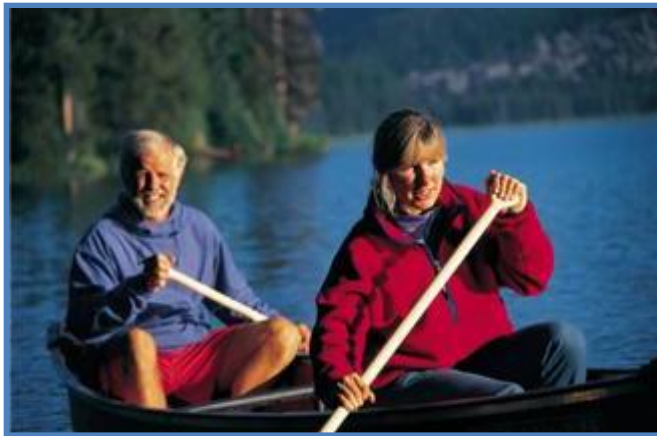
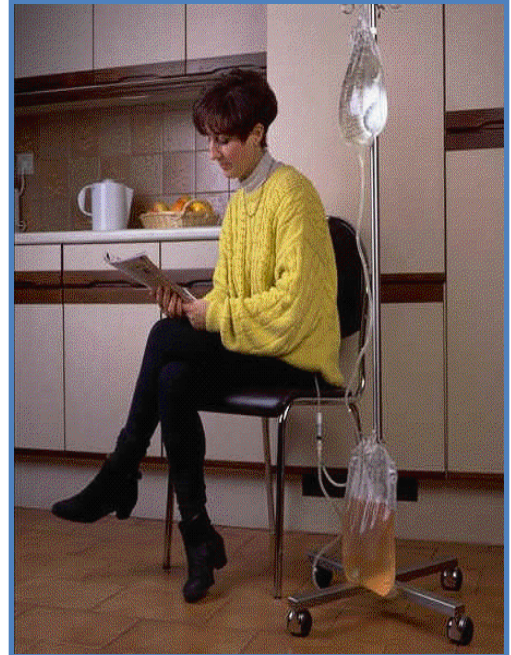


Peritoneal Dialysis Program



**King Campus – 2757 King Street East
Hamilton, Ontario**

905-522-1155 ext. 38275

Table of Contents

	Page
What is peritoneal dialysis?	1
How does this happen?	1
What are the types of peritoneal dialysis?	2
What is Continuous Ambulatory Peritoneal Dialysis (CAPD)?	2
What is Automated Peritoneal Dialysis (APD)?	3
What does learning peritoneal dialysis involve?	3
What is the Peritoneal Dialysis Home Helper Program?	4
What does peritoneal dialysis cost?	4
How do I get my medications?	4
Will I be able to travel?	5
Will my diet change?	5
Are there any other changes I should know about?	5
Is peritoneal dialysis right for me?	6

Pictures gratefully used with permission from Baxter.

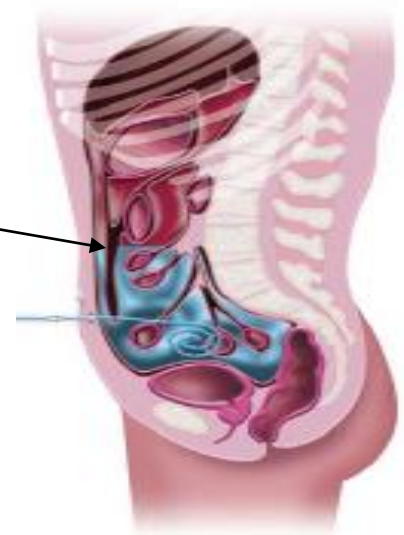
What is peritoneal dialysis?

Peritoneal dialysis is also called PD.

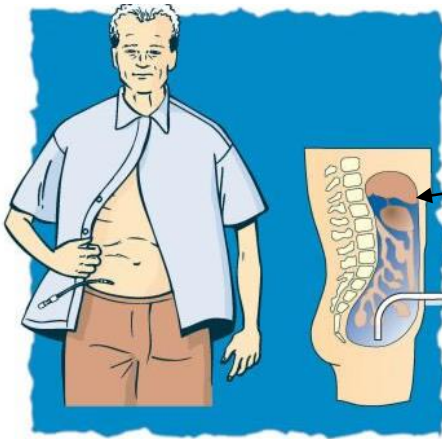
Your abdomen has a peritoneal cavity. This cavity contains fluid to protect the organs inside your abdomen.

The cavity is lined with a thin membrane called the peritoneal membrane. The peritoneal membrane surrounds the intestines and other internal organs.

Peritoneal dialysis uses the peritoneal membrane to clean all of the blood in your body as it flows through the membrane.



How does this happen?



During peritoneal dialysis, the peritoneal cavity is filled with a special dialysis solution.

While the solution is held in the cavity, as shown by the blue colour, extra water and wastes pass through the membrane into the dialysis solution. The amount of time you hold the solution depends on the type of dialysis you are having as explained on the next page.

The solution is then drained and the process is started all over again.

Dialysis fluid enters the peritoneal cavity through a tube called a catheter. The catheter is inserted into your abdomen near your belly button (navel, umbilicus).

The catheter stays in for as long as you have peritoneal dialysis.



What are the types of peritoneal dialysis?

There are 2 types of peritoneal dialysis:

- **Continuous Ambulatory Peritoneal Dialysis (CAPD)**
- **Automated Peritoneal Dialysis (APD)** also called 'cycler dialysis'

Both of these are done at home.

What is Continuous Ambulatory Peritoneal Dialysis (CAPD)?

This type of self-dialysis is done 7 days a week.

You do 4 to 5 exchanges each day.

CAPD works by doing what is called an exchange.

One exchange has 3 steps:

Step 1 is called **Drain**:

- **Drain** removes the used dialysis solution is drained from the peritoneal cavity.

Step 2 is called **Fill**:

- **Fill** the peritoneal cavity with fresh dialysis solution.

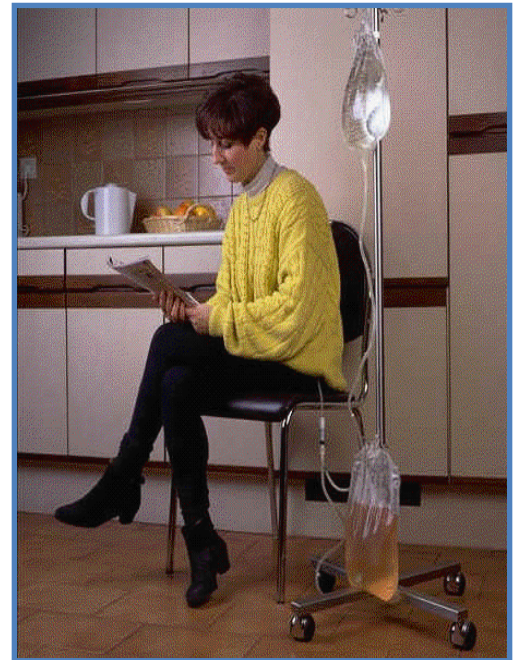
Step 3 is called **Dwell**:

- **Dwell** is the time the dialysis solution is left in the peritoneal cavity.

Most people do 4 to 5 exchanges each day. Each exchange takes about 30 minutes to complete and is done about every 4 to 6 hours.

Your last evening exchange dwells inside your peritoneal cavity overnight.

With CAPD you hold about 2 litres of dialysis solution in your peritoneal cavity all of the time.



What is Automated Peritoneal Dialysis (APD)?

This type of dialysis is done with a machine while you sleep at home. You are connected to the machine at bedtime for 8 to 10 hours every night.

While you sleep, the machine controls all 3 steps of the cycles:

1. Filling the cavity with fresh solution
2. Monitoring the time the solution dwells inside the peritoneal cavity
3. Draining the used solution from the peritoneal cavity to a drain bag under the bed or directly into tub or shower if your bathroom is nearby



In the morning, the machine does a 'final fill' for most patients. This means the solution stays in the peritoneal cavity until the next bedtime or until it is drained out later in the day.

What does learning peritoneal dialysis involve?

You will receive one-to-one training in the Peritoneal Dialysis Unit to teach you how to do your own dialysis treatments. Each person learns at his or her own pace. Most people learn in 3 to 5 days.

When you have questions or concerns, you can contact the Peritoneal Dialysis Unit or the 'after hours' number for the Nephrology Unit at St. Joseph's Hospital. There is a PD nurse on call for you to contact 24 hours a day.

Peritoneal Dialysis Unit:

- 7:00 am to 5:00 pm, Monday to Friday
- Call 905-522-1155 ext. 38275

After hours:

- 905-522-1155 ext. 33224



What is the Peritoneal Dialysis (PD) Home Helper Program?

People who are on APD but cannot do the treatments by themselves go on the PD Home Helper Program. In this program, a trained nurse from the Community Care Access Centre (CCAC) comes to your home at night to start your cyclor machine. The nurse then comes back in the morning to take you off dialysis. With the PD Home Helper Program you still maintain the flexibility of doing APD in your own home.

What does peritoneal dialysis cost?

The cost of the dialysis solutions and supplies is covered for you if you have health insurance. You may need to buy a:

- thermometer
- blood pressure machine
- weigh scale

The cyclor machine doesn't use any water so your water bill will not go up. The cyclor only uses a small amount of electricity.



How do I get my medications?

When you are on dialysis, you can get your medications from the Outpatient Pharmacy or your own pharmacy.

Call the pharmacy you use to order your medications in advance of needing them so you never run out.

It is your responsibility to get medication insurance coverage.

If you need medications, call and give the pharmacy enough time to get them ready. When your doctor changes a medication or orders a new medication, you need to pick it up from your pharmacy.

- If you use your own pharmacy, give the information to your nurse.
- The Outpatient Pharmacy at the King Campus is on Level 1 behind the Reception area. It is called Scripts.
- The Outpatient Pharmacy at St. Joseph's Hospital Charlton Campus is on the first floor near the main entrance.

Will I be able to travel?

You can travel because the solution can be delivered almost anywhere in the world.

The PD clinic nurses and Baxter travel representatives can help you make travel plans.



You can also arrange week-end travel, or travel to a cottage or resort.

You can also talk to your nurse about Camp Dorset which is a family camp in Ontario. This is supported by the Lions Club for people with kidney disease.



Will my diet change?

Your diet will change but you have more choices than when you are on a hemodialysis diet. You will meet with a dietitian and plan your diet to meet your needs. This diet will keep you well nourished.

Are there any other changes I should know about?

The dialysis solution contains some sugar. This can raise your blood sugar if you have diabetes. You will need to test your blood sugar up to 4 times a day and record them.

The diabetes nurse will help you obtain a blood glucose meter for testing.

Your diabetes health care team or the nephrology doctor can adjust your diabetes medications.



Is peritoneal dialysis right for me?

Most people are able to make a personal choice about the type of dialysis they want. Some people choose peritoneal dialysis because it has many advantages:

Home Support:

- You do your own dialysis in the comfort of your own home and do not have to come to the Dialysis Centre as often.
- Home visits by the PD nurse are arranged to match your activity schedule.
- You can have the Home Helper Program support if you need it.
- There is a PD nurse on call 24 hours a day.

Lifestyle:

- PD is flexible to match your lifestyle. You can go to school, work, or do most things you want to do.
- You are more involved in your dialysis treatment and schedule.
- Travelling is easy and you can ask for help with travel plans.
- There are no extra costs for your utility bills (water and electricity).
- Supplies are delivered free of charge to your home.
- Medical equipment is involved but there are no needles.

Health:

- PD is a continuous therapy so you have more energy.
- PD may provide better blood pressure control.
- PD helps preserve your own kidney function.
- PD helps preserve your blood vessels.
- You can enjoy a diet that includes more choices, more fluid and more nutrients.

Please feel free to talk to any member of the health care team about peritoneal dialysis (PD). We are happy to answer any questions and talk about any of your concerns.

Remember:

- **Peritoneal Dialysis is a partnership between you and your health care team.**

