Telephone Numbers

St. Joseph's Healthcare Switchboard ........905-522-4941

Direct Dial ...........................................905-522-1155

Outpatient Pharmacy ..................ext. 6170 or
........................................................905-521-6170

Peritoneal Dialysis Unit ..........905-522-1155
ext. 3638
ext. 3775
ext. 3904

After hours ..............ext. 3224
Is Peritoneal Dialysis 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.

Some of these are:

- You can travel almost anywhere.
- You can enjoy a diet that includes more choices.

With night time dialysis:

- You can do dialysis in your own home and do not have to come to the Dialysis Centre as often.
- You are more involved in your dialysis treatment and schedule.

Please feel free to talk to any member of the health care team to help you make a decision about dialysis that is right for you.

What is Peritoneal Dialysis?

Peritoneal dialysis is also called PD.

Your abdomen has a peritoneal cavity.

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 do I get my medications?

When you are on dialysis, you can get your medications from the Outpatient Pharmacy at St. Joseph’s Hospital. Call the Outpatient Pharmacy to order the medications you need from the medication sheet. Your medications will be ready for pick up the next week.

If you need medications between ordering days, call and give the Outpatient Pharmacy at least 48 hours to prepare. When your doctor changes a medication or orders a new medication, you need to pick it up from the Outpatient Pharmacy. After that, it will be on the monthly order sheet.

The Outpatient Pharmacy is at St. Joseph’s Hospital on the first floor of the Sister Mary Grace Wing. It is open Monday to Friday, 9:00 am to 7:00 pm.

If you use your own pharmacy, give the information to your nurse.

Types of Peritoneal Dialysis

There are 2 types of peritoneal dialysis:

• CAPD or Continuous Ambulatory Peritoneal Dialysis
• Cycler Dialysis

What is 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 means that you drain the used dialysis solution from your peritoneum and replace it with fresh solution. The actual dialysis occurs while the solution stays or ‘dwells’ inside your 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 carry about 2 litres of dialysis solution in your peritoneal cavity all of the time.

It is your responsibility to get medication insurance coverage.
How does this happen?

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

Extra water and wastes pass through the membrane into the dialysis solution.

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

Dialysis fluid enters the peritoneal cavity through a tube called a catheter. The catheter is surgically inserted into your abdomen near your navel or belly button. It stays there as long as you are using this form of dialysis. While this is healing, you come to the PD Unit 2 times a week for a check up.

Will I be able to travel?

Yes, you can travel because the solution can be delivered almost anywhere in the world. Talk to your nurse about any charges you may have.

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 four or more times each day and record them.

The diabetes nurse will help you obtain a blood glucose meter for testing. Your own diabetes health care team or the nephrology doctor can change your diabetes medications.
What is Cycler Dialysis?

This type of dialysis is done with a machine while you sleep. 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:

- draining the used solution from the peritoneal cavity to a drain bag under the bed or directly into the toilet if your bathroom is nearby
- re-filling with fresh solution
- monitoring the time the solution remains inside the peritoneal cavity

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 10 days.

When you have questions or concerns, you can contact the:
- Peritoneal Dialysis Unit when open
- After hours number

Peritoneal Dialysis Unit is open:
- 7:00 am to 5:00 pm, Monday to Friday
- Call 905-522-1155 ext. 3638, 3775 or 3904

After hours number is:
- 906-522-1155 ext. 3224

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 and weigh scale.