

Peritoneal Dialysis Adequacy Test ~ called Kt/V ~

How do I know I am getting the right amount of dialysis?

The correct amount of dialysis to clear waste products from your body is called adequate dialysis or adequacy.

When your dialysis therapy is adequate, you should have more energy. You should also sleep better and feel like eating.

When your dialysis therapy needs adjusting, you may feel weak and tired. You may not sleep well. You may not feel like eating or may have an upset stomach. You may also have some swelling in your ankles or feet or feel short of breath.

The health care team uses many ways to find out if you are having adequate dialysis.

What is a Peritoneal Dialysis Adequacy Test?

One way to assess adequacy of dialysis is to do a test called the Peritoneal Dialysis Adequacy Test. It is also called Kt/V. This test measures the waste products in your urine and dialysis drainage. It also measures protein nutrition and is able to assess how well you are eating.

An adequacy test is done about 1 month after you finish your peritoneal dialysis training. It is also done every 6 months after that. Each time there is a change in your dialysis prescription your doctor may request your test be repeated.

What do I have to do for the test?

You will collect your urine and dialysis drainage for 24 hours. These are sent to the lab and tested for urea, creatinine, glucose, protein and total volume. Your nurse will give you the containers and tell you how to collect these fluids before you do this test.

What do my test results mean?

The results come back as a number - the higher the number the better. We aim for a number of 2.0 or higher. This means the peritoneal dialysis treatments are working well to get rid of waste products in your body.

If your test result is below 1.7, the doctor will assess your dialysis prescription and may make changes.

If the test results tell us that your nutrition is poor, the dietitian will help you improve your diet. You may also need nutrition supplements.

How do I improve my Kt/V?

It is important to do all your dialysis exchanges as prescribed by your doctor. Stick to the dwell time of exchanges as much as possible. Making big changes will affect how well your treatment works.

Reaching your dry weight is not a sign of adequate dialysis.

Follow your guidelines for diet, fluids and medications. Diet, fluids and medications all work together with your dialysis treatment to help you stay healthy.

Who can I call if I have questions?

If you have questions about this test, talk to your doctor.

If you are not sure about your medications, talk to your nurse, doctor, or pharmacist.

If you are not sure about your diet, talk to your dietitian.