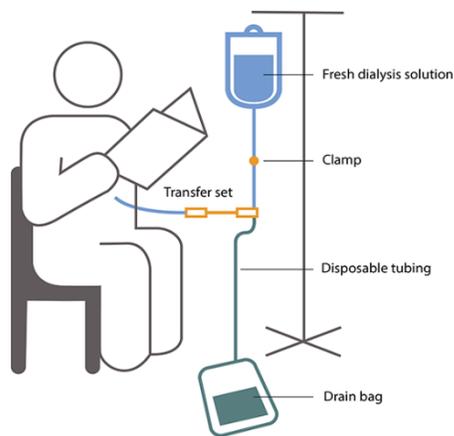


## Peritoneal Dialysis (PD)

Germans discovered this type of dialysis back in the 1920's – with a little help from their American counterparts. Peritoneal dialysis uses a thin membrane, called the peritoneal membrane, which naturally lines your abdominal cavity. Fluid known as dialysate is put in the abdominal cavity by a small hollow tube. When dialysate is later drained from the cavity, it will “pull” extra fluid and wastes from your body across the peritoneal membrane. Fresh dialysate is then placed in the abdominal cavity. This process is repeated manually four to five times during the day, or by a machine during the night.

You will learn a lot about peritoneal dialysis online or from our dialysis educators. The following is a brief look at the pros and cons of PD. We hope this will help you decide what is the best dialysis treatment options for you!



### NEEDED: THE DESIRE TO DO IT!

An abdomen without numerous and/or major surgeries (c-section, hysterectomy, appendectomy, hernia repair or kidney transplant are not considered “major.”). An abdominal hernia must be fixed before PD.

An area in your house for storing about 30 boxes, each about one by two feet.

Approximately two weeks of training (we will assist you for any leave of absence needed from work).

Twice a month clinic visits to discuss your treatments and results.

### PROS (In comparison with in-center hemodialysis):

**More** freedom to do your usual activities. PD is very work-friendly and travel friendly. You won't need to spend 12 to 14 hours a week away from your family at a hemodialysis center.

**More** control of your treatments. Studies reveal that the more you know about your dialysis and the more you do yourself, the longer you live on dialysis!

**More** preservation of kidney function that you still have. This may help you live longer and healthier on dialysis.

**More** privacy. In a dialysis center you are surrounded by many other dialysis patients.

**Less** side effects such as nausea, vomiting, cramping, and ups and downs in your blood pressure since the treatments are continual – seven days a week.

**Less** dietary restrictions than you would have as a hemodialysis patient

**Less** needles! PD uses no needles, so you will only be stuck for monthly blood testing.

### CONS:

**More** space is needed for equipment in your home.

**More** work. Think of peritoneal dialysis as taken on a part-time job. In dialysis centers you simply sit in a chair while a patient care technician or nurse dialyze you. At home you are your own “patient care technician” seven days a week.

**More** healthy habits – strict hand washing and clean techniques – must be learned and always followed to prevent infection.

**More** weight. Because dialysate has sugar in it, you may have a slight increase in weight and notice a change in how your belly looks. Diabetics may require more insulin.

**Less** swimming in lakes and ponds. Tub baths need to be avoided

**Less** socialization. Some patients prefer to be around other dialysis patients, sharing experiences and supporting each other.