

ADDITIONAL RESOURCES

A number of resources are available in your community. Your local dialysis center can provide a list of community organizations that provide a wide range of support services to dialysis patients.

The National Kidney Foundation is the nation's leading non-profit organization for those with kidney failure. You can reach them by calling 800-622-9010 or visiting www.kidney.org.



Renal Ventures Management, LLC

www.renalventures.com

PERITONEAL DIALYSIS

PATIENT HANDBOOK



KNOW YOUR OPTIONS

If you have kidney failure and require dialysis, you are typically able to choose the form of dialysis care you receive.

Hemodialysis is most often performed at a specialized center or hospital, and under the direct supervision of trained healthcare professionals.

Peritoneal Dialysis (PD) gives you more freedom than hemodialysis, as it can be done at home or when you travel. In addition, it does not require as many food and fluid restrictions as hemodialysis, and does not require needles.

However, patients choosing PD must be aware of the risks associated with this option, as well as the process itself and the steps they will need to take to ensure successful treatment and optimal health.

This handbook is intended as an overall guide to assist you with peritoneal dialysis. Following the recommendations and steps within it can make a difference in the outcome of your treatment. While this information is intended to be helpful, it should not be a substitute for the specific advice and recommendations you receive from your doctor and other healthcare providers. After all, they are most familiar with your specific health condition.



PROS AND CONS:

HEMODIALYSIS VS. PERITONEAL DIALYSIS

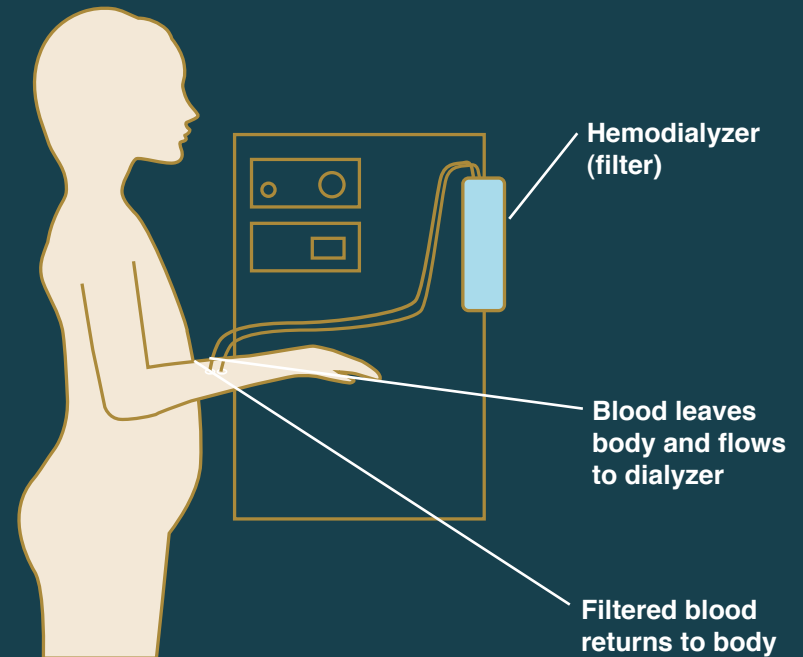
Hemodialysis

Advantages

- Trained professionals can monitor you closely for potential problems
- Treatment is conducted in a setting with other people having dialysis
- Treatments take a shorter amount of time and are performed on fewer days each week than PD

Disadvantages

- Treatments can cause you to feel tired and lethargic
- Your risk increases for bloodstream infections, low blood pressure and blood clots in the dialysis access



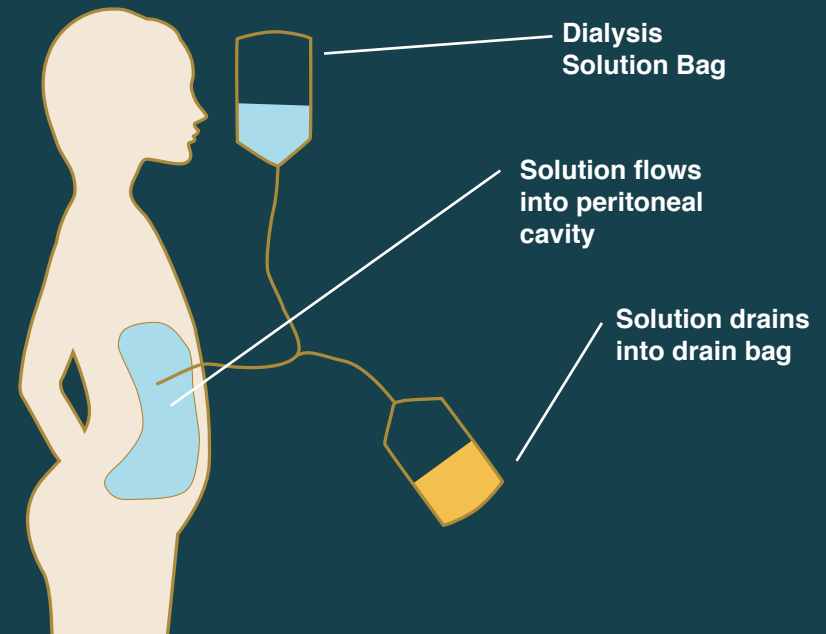
Peritoneal Dialysis

Advantages

- You can typically perform treatments at home
- Multiple weekly clinic visits are not required
- You can plan travel with greater flexibility
- No needles are involved
- You can enjoy a more liberal diet
- Supplies are delivered to your home
- PD is less stressful for your heart
- No transportation concerns exist

Disadvantages

- It requires a high level of motivation and self-reliance
- Treatment must be completed daily: You cannot "skip" an exchange
- Space in your home for a two-week supply (15-20 cases) is necessary
- The overall time commitment is greater
- There may be body image concerns due to the permanent access port
- You may not take baths, swim or soak in hot tubs



WHAT IS PERITONEAL DIALYSIS AND HOW DOES IT WORK?

Peritoneal dialysis (PD) is a treatment for people with stage 5 chronic kidney disease (CKD). When kidneys are not working properly, wastes and excess fluids can build up in your blood and make you sick. This can result in a number of health problems, including nausea, weight loss, swelling, anemia (low blood count), trouble breathing or sleeping and more. Even though your kidneys may still have some function, without treatment you will die.

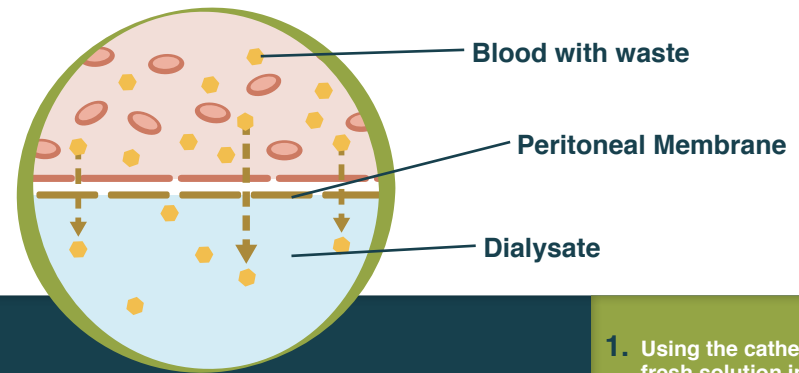
PD effectively “cleans” and removes extra fluids from your body, using your body’s peritoneal membrane—located in your abdomen—as a filter. During the treatment, a special solution is placed in your peritoneal cavity. After several hours, it is drained and replaced with a fresh solution in a process called a PD exchange.

To perform PD, you will require the placement of a catheter through a permanent access port in the wall of your abdomen. This will require minor outpatient surgery, and you will need

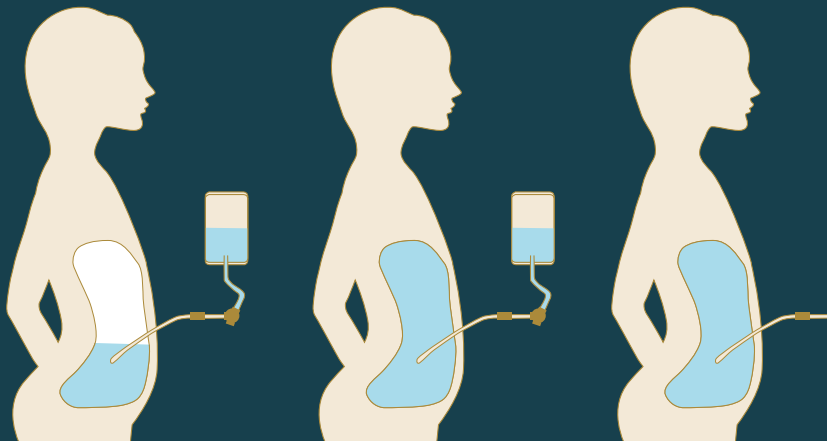
to heal for a few weeks before starting dialysis. The catheter should not cause you any pain, and it will remain in place as long as you are performing PD.

You will be taught how to perform a PD exchange by an experienced nurse. At first, you will perform this procedure in a dialysis center as an outpatient, under professional supervision. Most people can learn this within a few days, and you will visit the dialysis center on a monthly basis to monitor your treatment.

The amount of dialysis needed is different for every patient. Your doctor will give you a prescription that is right for your specific needs. The supplies you will need for PD may be delivered directly to your home. You will require storage space for about two to three dozen medium-sized boxes.



1. FILL 2. DWELL 3. DRAIN



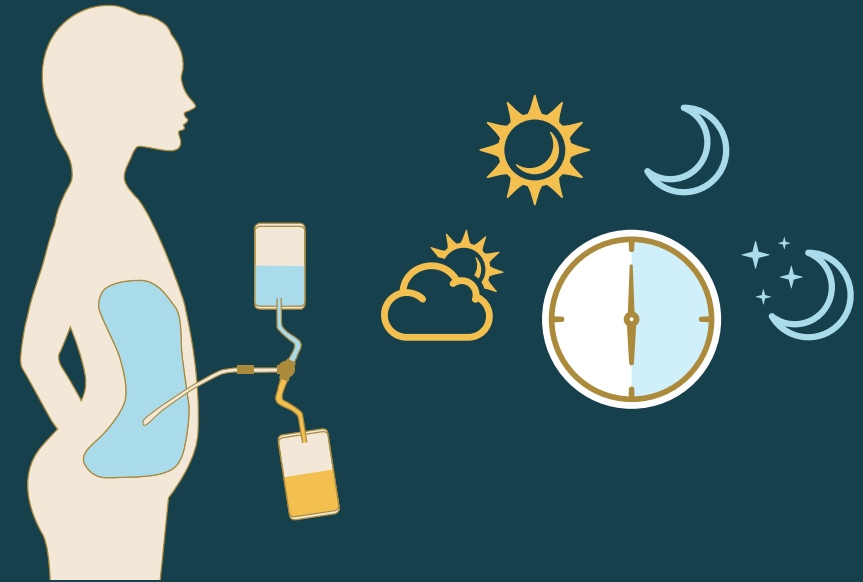
1. Using the catheter, fresh solution is placed into your peritoneum. The fill process usually takes 5-10 minutes.
2. The solution remains in your peritoneum for approximately four hours. During this time, you can go about your normal routine.
3. The fluid that has been within your peritoneum is then drained into a drainage bag and replaced with fresh solution.

TYPES OF PERITONEAL DIALYSIS

Continuous Ambulatory Peritoneal Dialysis (CAPD)

This option involves four daily PD exchanges: When you wake up in the morning, during lunch, before dinner and before you go to bed. Each exchange takes about 30 minutes, and the solution remains in your body between exchanges and overnight.

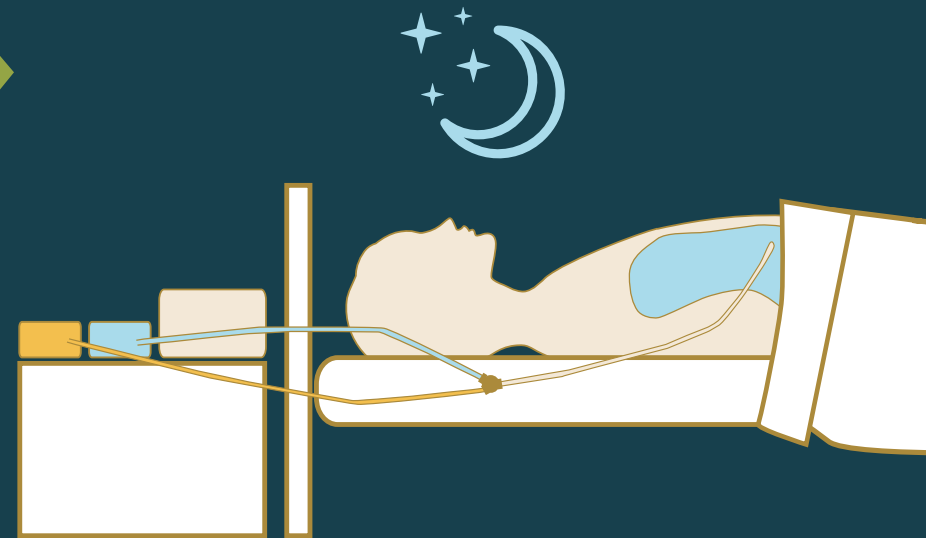
During an exchange, you can perform any number of non-strenuous activities, such as watching TV, talking on the phone, reading or working at a desk or in bed. It can be performed in your home or when you are traveling.



Automated Peritoneal Dialysis (APD)

APD is performed overnight, with a special machine called a cycler. The cycler performs exchanges automatically while you sleep. Many people opt to leave fluid in the peritoneal cavity during the day for at least one extra exchange during waking hours.

This option affords you greater independence during the day. It is also sometimes used by people who have difficulty performing exchanges on their own.



HOW WILL PD AFFECT MY LIFESTYLE?

To fully enjoy the flexibility and independence of peritoneal dialysis, proper nutrition is essential. The nutrients and balancing fluids your body needs are just as important to your health as the dialysis itself. Your dietician will work with you to manage your diet, and you must follow your recommended meal plan for optimal results. You may also need to limit your intake of sodium (salt) and take nutritional supplements.



PD can affect your lifestyle in the following ways:

- You must make the time each day to perform all exchanges as prescribed in order to get the full benefits of peritoneal dialysis.
- You will have a tube sticking out of your belly. While this does not interfere with exercise or sexual activity, you may feel self-conscious about it at first.
- You may experience changes to skin, such as dryness and itching, as well as hair loss. Usually hair loss is temporary and will begin to grow again after a few months.
- You will be required to visit your dialysis center on a regular basis to monitor your progress and test your exchange fluid.
- You will likely experience a weight gain from the sugar in the PD fluid.
- If you do not currently exercise, you should do so to limit weight gain and improve your overall health.
- If you swim, you will have to take extra precautions to prevent infection; ask your dialysis provider for special instructions for patients who swim.

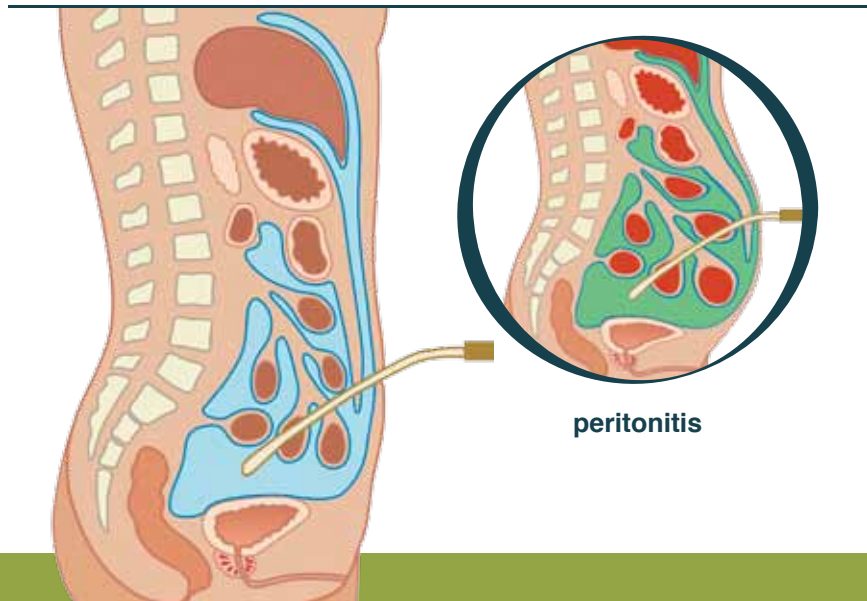
If you have diabetes, your doctor may recommend changes to your insulin dosage and other medications.

POTENTIAL COMPLICATIONS OF PD

So long as you are performing your PD as prescribed, the most important thing you can do is to maintain a healthy exit site and catheter tract. This means you will need to regularly care for and inspect the area of your abdomen around which the catheter is inserted, as well as the tube itself, on a regular basis. If you notice redness, tenderness, swelling, pus or pain around the exit site, contact your doctor or dialysis provider immediately.

The most common complication of PD is a condition called peritonitis. When bacteria or germs get into the peritoneum (lining of the abdominal cavity) through the catheter, it can cause infection. While peritonitis can be treated with antibiotics, it is very important to get it treated promptly!

The signs of peritonitis can include unusual stomach pain, fever and/or chills. Also, the dialysis bag may appear cloudy when you are draining used fluid.



To avoid infection, follow these steps during exchanges:

Be sure the area where you perform your exchange is clean

Make sure you have all of your supplies with you and in order before starting

Wear a surgical mask every exchange

Require anyone else present to wear a surgical mask

Keep pets and small children out of the room

Keep doors and windows closed; turn off any fans or air conditioners

Wash and scrub your hands thoroughly using a good soap at least two minutes before starting; dry your hands with a disposable paper towel

Do not touch anything unrelated to your treatment – not even your own skin

Do not cough or sneeze on your supplies or you will need to begin the process all over again with new supplies

TAKING CARE OF YOUR CATHETER

Your catheter is essential to the PD process. However, many problems can occur if you do not take the proper steps to ensure your catheter is kept clean and working properly.

- Showers are recommended—avoid immersion in a bathtub
- Wash and dry hands thoroughly before performing exchanges
- Inspect the catheter, exit site and tunnel before exchanges
- Immobilize the catheter with tape or an immobilization device at all times
- Cleanse the exit site every day with liquid antibacterial soap or antiseptic
- Soften crusts and scabs with saline or soap and water – never forcibly remove these
- Apply antibiotic cream for prophylaxis using a cotton swab – do not apply directly from the tube
- Avoid mupirocin ointment with polyurethane catheters; additionally, povidone iodine can damage catheters over time.
- Apply dressing to protect from contamination

- Healed site may be left uncovered but should be kept dry
- Perform exit-site care if the exit site becomes wet or grossly contaminated
- Maintain regular soft bowel movements



Always report trauma or infections of the exit site or catheter to your doctor or dialysis provider!