



Dialysing at home: What is Peritoneal Dialysis (PD)?

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This leaflet provides practical information for people who are thinking about choosing peritoneal dialysis (PD) as a treatment for their kidney failure.

How does it work?

Peritoneal dialysis takes place inside the body using the natural lining of the abdomen called the peritoneum. The peritoneum has two layers and acts as the dialysis membrane. This membrane has large numbers of small blood vessels running through it and also contains various sized holes (pores). In peritoneal dialysis, dialysis fluid is infused in to the abdominal cavity (peritoneal cavity) through a catheter placed in the abdomen. When the dialysis fluid is 'held' in the abdomen for a period of time (dwell time), it draws excess water and toxins from the blood stream.

There are two ways PD can be performed:

1. Continuous Ambulatory Peritoneal Dialysis (CAPD)

C	Continuous	Carries on all the time
A	Ambulatory	Once exchange is performed, you can move around and carry out your normal activities
P	Peritoneal	Uses the peritoneum as a filter
D	Dialysis	The process of removing excess water and waste from the blood

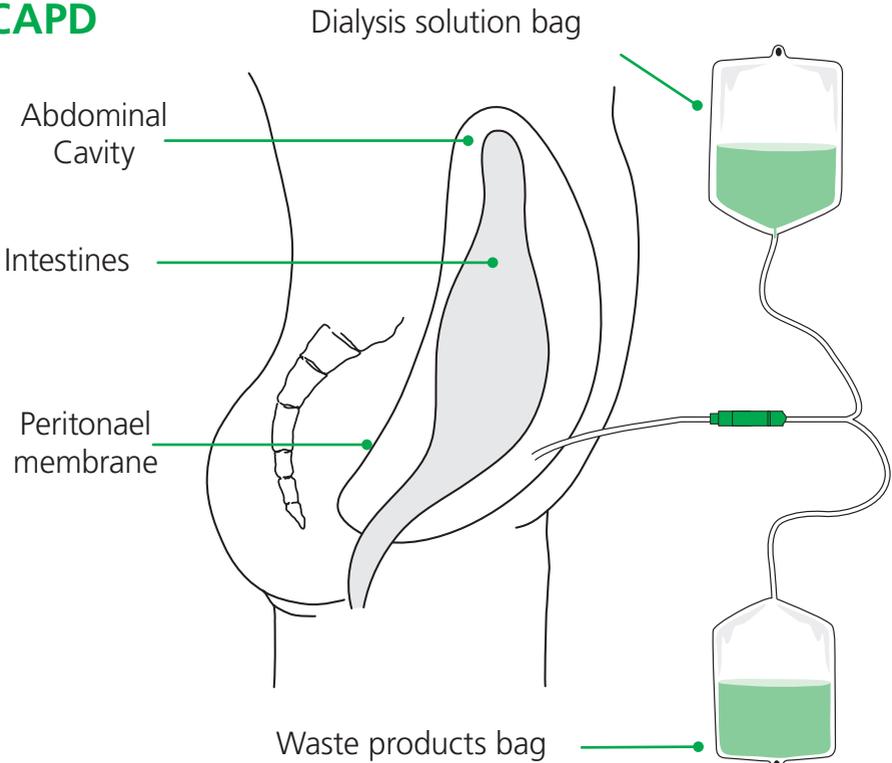
How is CAPD performed?

CAPD requires no machine and can be done in a clean well lit place. The dialysis solution is passed from a plastic bag into the abdominal cavity, where it is held for a few hours. When the dwell is completed, the used fluid is drained off and fresh fluid is infused into the abdomen. The process is done manually four or five times a day – everyday.

Some of the advantages of CAPD are:

- Privacy, flexibility and comfort of home treatment
- Treatment can be done at a convenient time based on your lifestyle
- Dialysis supplies are portable and dialysis can be performed almost anywhere
- No needles to perform procedure

CAPD



- No travelling to a dialysis centre to perform treatment
- Continuous treatment
- Diet and fluid intake are less restrictive

2. Automated Peritoneal Dialysis (APD) -How is APD performed?

This process takes place at night whilst a person sleeps, using a machine to perform the exchanges (known as cycles). A cycle consists of a fill, dwell and drain phase. The machine will usually do a first drain of the treatment (Initial Drain) and a final fill at the end of treatment (Last Fill).

Dialysis lines are fitted into the machine, large drain bags are then connected and then the dialysis solution bags are also connected to the lines. The machine is prepared just before use.

Typically, a person will connect to the machine for 8 hours overnight. At the end of the treatment the person will disconnect from the machine, enabling them to carry out their normal daily activities.

Some of the advantages of APD are:

- Same as for CAPD
- Able to lead a more normal daily activity pattern
- Flexibility for work or caring for children
- APD can also be particularly good for people who require a lot of dialysis (for example: large people or those who no longer pass urine)

Points to remember:

- Peritoneal dialysis is a home based treatment that allows you the flexibility to lead a normal life
- CAPD involves performing fluid exchanges four times per day, every day of the week
- APD is done overnight with a small machine by your bedside
- Both types of peritoneal dialysis requires some storage space in your home for supplies
- Many people on peritoneal dialysis work or look after children
- People on peritoneal dialysis are able to go on holidays both in the UK and abroad
- Some people may need help with their dialysis, particularly if there are eyesight, dexterity or mobility problems. This doesn't mean you cannot have PD as a dialysis option. You can discuss this with your CAPD nurses

Not open on Bank Holiday

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