

Introduction to Peritoneal Dialysis

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1.0 Introduction to Peritoneal Dialysis (PD)

1.1 What is Dialysis?

Dialysis is a treatment that carries out some of the functions normally carried out by healthy kidneys. You will need it when your own kidneys stop working properly.

1.2 What does Dialysis do?

- Removes waste, salt and water from the body.
- Helps control blood pressure.

1.3 What is Peritoneal Dialysis? And how does it work?

PD uses an organ in your body called the Peritoneum. The Peritoneum is a natural membrane that lines the inside of the abdominal wall and covers all the abdominal organs.

It resembles a balloon in appearance but has lots of tiny holes. These holes allow the peritoneum to be used as a filter to clean the blood and remove excess fluid from the body.

We need to insert a catheter (small tube) into your peritoneal cavity (the space in your abdomen) and we leave this in during your time on PD.

We use this catheter to pump dialysis fluid into the peritoneal cavity.

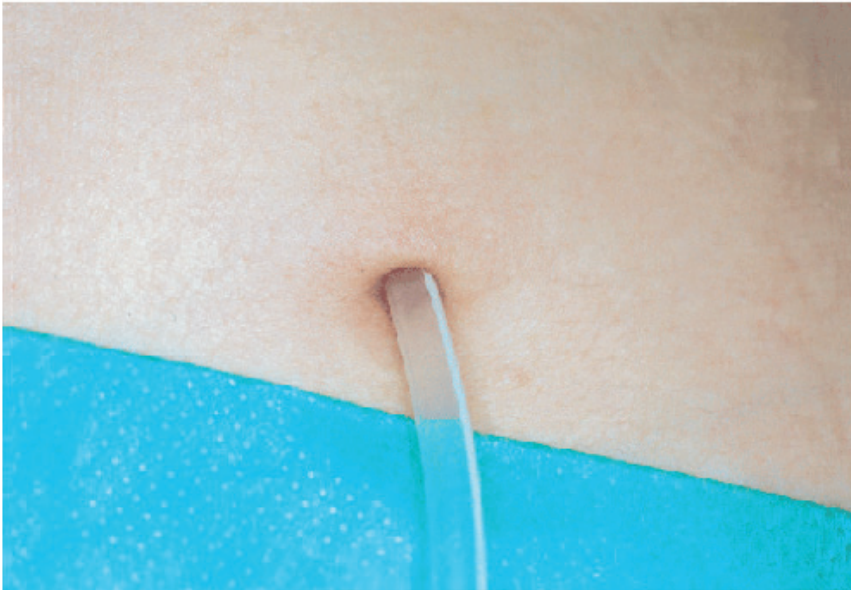
The dialysis fluid takes away any waste, salt and water from the blood and passes this to the dialysis fluid.

We then drain the used dialysis fluid and replace it with clean fluid to allow further dialysis.

1.4 How do you insert the Peritoneal Dialysis (PD) Catheter?

- You will need to have minor surgery on your abdomen.
- You will have a general anaesthetic which means you will be asleep.
- A PD nurse will mark the position of the catheter exit site before surgery to prevent infection and discomfort on the belt line.
- You will usually spend 2 days in hospital.
- Usually we can use the catheter in 2 weeks but we can use it immediately if necessary.

Figure 1. Catheter Exit Site



2.0 Types of Dialysis

There are two types of dialysis available:

1. Continuous Ambulatory Peritoneal Dialysis (CAPD)
2. Automated Peritoneal Dialysis (APD).

Both types are described below.

2.1 Continuous Ambulatory Peritoneal Dialysis(CAPD)

During CAPD we manually drain a bag of dialysis fluid into the peritoneal cavity.

The fluid stays in for approximately 3 - 4 hours and we change the fluid 4 times a day (we call this process an exchange). You can change the fluid during the daytime and there is no need to do this during the night.

Each exchange takes approximately 30 - 40 minutes, equally spaced out throughout the day. The times are flexible to suit your lifestyle.

You need to have a clean, wipe-able surface or table to carry out the dialysis.

You do not need a drip stand. You can use a simple hook on the wall or an 'over the door' hanger to hang the dialysis bags.

Continuous Ambulatory Peritoneal Dialysis (CAPD)

Figure 2 – CAPD Exchange



2.2 Automated Peritoneal Dialysis (APD)

This method performs exchanges during the night with a machine while you sleep. The last exchange will leave fluid in the peritoneum so that dialysis continues throughout the day.

Occasionally you may also need to carry out a CAPD exchange as well as an overnight APD.

This treatment takes approximately 8 - 10 hours throughout the night.

Figure 3 - Home choice Machine (APD)



Figure 4 - Sleep Safe Machine (APD)



CAPD and APD can be done to suit your work and lifestyle. You can have these treatments at home.

2.3 Training

- We will give you training which takes place in the clinic and at your home. It usually takes between 5 - 10 training sessions.
- In some special circumstances we can provide all the training in your home.
- We can also provide training for your family members, carers or friends to assist you.

3.0 Positive Aspects of PD

- Both types of dialysis (CAPD and APD) can take place at your home which means you need less hospital visits.
- After completing your training your doctor appointments are generally every 1 to 2 months.
- Compared to Haemodialysis (HD), what you eat and drink may be less limited.
- PD allows you to take holidays easily
- The above treatment allows your kidneys to filter your urine for longer.
- Dialysis maintains your independence as you can fit it around your family and work commitments.

4.0 Negative Aspects of PD

- You need to have dialysis every day.
- You need to be motivated and willing to do this type of dialysis.
- You will need storage space, to store PD fluid and supplies at home.
- Potential risk of infection (Peritonitis).
- This treatment is limited to approximately 4 - 5 years.
- You will need to take Laxatives on a regular basis as constipation can be a side effect.
- We would prefer that you did not have baths however showers are fine.

5.0 Lifestyle Choices

We encourage you to exercise regularly. You can still enjoy all types of sport, including swimming.

PD allows you to take holidays in the UK or abroad.

We can arrange for PD supplies and fluids to be sent in advance to the holiday destination. Please note we need 2 weeks' notice for holidays in the UK and 6 weeks for holidays abroad. Most destinations are possible but please discuss this further with the PD Staff before finalising any bookings.

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