Home Peritoneal Dialysis

Peritoneal dialysis gives you lots of freedom to continue your life as you choose. You can work, carry on with hobbies, study, play sport, go shopping and with planning will be able to holiday at most places.

**Operation**
**The Catheter**

First you have a small operation to get a catheter (tube) put in your stomach.

The same tube is used for both types of peritoneal dialysis - the bags and the machine.

**CAPD**
**The Bags**

CAPD requires four bag (fluid) exchanges every day. Each bag takes about 45 minutes.

**APD**
**The Machine**

APD uses a machine to do the fluid exchanges for eight to ten hours, overnight while you sleep.

The machine takes about one hour to prepare before you go to bed.

**Diet and Fluids**

Your blood is cleansed through the dialysis every day which is very gentle on your body. There are few diet or fluid restrictions.

**Home Support**

When you go home nurses can visit your home to support you, or they are only a phone-call away.
The Fluid (Bag) Exchange

1. First you connect your tube to a new bag of fluid.
2. Open the clamp and drain out the old fluid.
3. Flush, then drain in the new fluid.
4. Finally you disconnect your tube. The fluid (dialysate) cleans your blood whilst you carry on with your day.

With the APD machine, it is programmed for many fluid exchanges overnight. You connect when you go to bed and disconnect when you wake up.

**Delivery of Supplies**
All equipment is delivered to you monthly free of charge.

**Training Time**
You spend about a week visiting a training clinic to learn to change the bags and learn all skills to manage your peritoneal dialysis.

**Hygiene**
Hand washing is very important.