

Peritoneal dialysis gives you lots of **freedom** to continue your life as you choose. You stay at home in **your community**. You can work, carry on with hobbies, study, play sport, go shopping and care for children. You will be able to **travel** around to most places but first you must plan to take your bags and tell your clinic staff.

Operation

First you have a small operation to get a tube put in your belly. The same tube is used for the two types of peritoneal dialysis

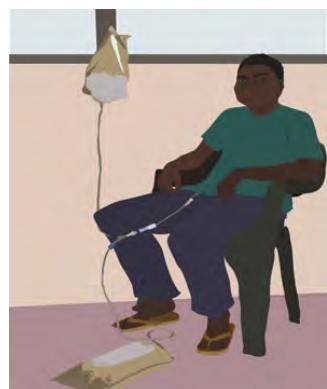


Diet and fluids

There are less food or drink restrictions compared to clinic haemodialysis



1. Day bags



CAPD (Continuous Ambulatory Peritoneal Dialysis) requires **four bag** (fluid) exchanges every day. Each bag change takes about 45 minutes.

8:00 **12:00**



4:00 **9:00**



Peritoneal dialysis cleans your blood gently every day

2. Overnight machine



APD (Automated Peritoneal Dialysis) uses a machine to do the fluid exchanges for eight to ten hours, **overnight** while you sleep. The machine takes about 30 minutes to set up before you go to bed.



Wash your hands and set up. Then **hook up** your tube to a new bag of dialysis fluid.



Open the clamp and **drain out** the old fluid.



Flush, then **drain in** the new fluid.



Finally you **unhook** your tube. The fluid (dialysate) cleans your blood whilst you carry on with your day.

With the **APD machine**, it is set up for many fluid exchanges overnight. You hook up when you go to bed and unhook when you wake up.

Home support

When you go home **nurses** will visit your home for support, they are only a phone-call away.

Delivery of supplies

All equipment is delivered to you every month **free** of charge. You need an undercover area to store this. Remote areas may need extra supplies for the wet season.



Training time

You spend about 1-2 weeks visiting a **training clinic** to learn to change the bags and learn all skills to manage your peritoneal dialysis. You can take a support person with you to train.

Hygiene and health

Hand washing is very important to stop infections. You must also do your dialysis as taught every day.

