Home Peritoneal Dialysis

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.

All peritoneal dialysis cleans your blood gently every day

Diet and Fluids
There are less food or drink restrictions compared to clinic haemodialysis.

1. The Daytime Bags
CAPD requires four bag (fluid) exchanges every day. Each bag change takes about 45 minutes.

2. Overnight Machine
APD 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.
The Fluid (Bag) Change

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

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

3. Flush, then drain in the new fluid.

4. 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.

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.

Home Support
When you go home nurses will visit your home to support you, or they are only a phone-call away.

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