

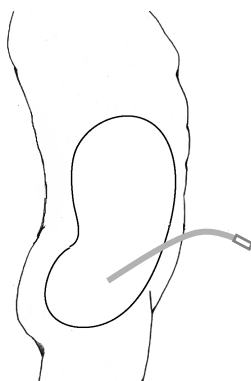
PD (Peritoneal Dialysis) *An easy way to dialyze on your own*

Why choose PD?

- Dialysis is continuous, so your body stays in balance and you may feel better
- Not the ups and downs as with hemodialysis three times a week
- No needles, no travel to a center, more normal diet, portable
- Dialysis you can do on your own, easy to learn

How does PD work?

- Your **peritoneum**, the lining of your abdomen, filters your blood
- **Dialysate** (the cleaning solution) goes inside through a small tube called a **PD catheter**
- Dialysate draws waste and water from the blood vessels of the peritoneum over several hours
- Then you drain it out and replace it with fresh dialysate, using your PD catheter
- This process is called a PD **exchange**



Two ways to do PD

CAPD

- You do four simple treatments (called **exchanges**) every day
- Each takes about 30 minutes or less
- Usually done about 5 hours apart; first thing in the morning, lunch time, dinner time, bedtime
- Can be done at home, at work, traveling, almost anywhere

APD

- A small machine called a **cycler** does exchanges for you every night while you sleep
- Most patients do one exchange by hand in the middle of the day
- Machine is portable, quiet, weighs 25 lbs
- Saves time during the day

You always have dialysate in you

- Cleaning your blood
- Keeping your body in balance



Cindy does a PD exchange in her office at lunch in 22 minutes

Cindy's Story

I started hemodialysis in the center. Then my nurse told me about PD, and I made the change.

I feel so much better, not wiped out three times a week, and I do PD on my own time, no more hours in a center. It gave me my life back!

I can work full-time, and travel with PD is easy—we've gone to Alaska, Las Vegas, and visited the grandkids.