

*The following points should be kept in mind.*

**ENERGY** - It is important that your body receives a sufficient amount of energy. Your muscles will otherwise be broken down and the proteins you acquire from your food will not be used in the proper manner.

**PROTEIN** - Extra proteins are required to compensate for those lost with the dialysis solution.

**POTASSIUM** - You may sometimes have to cut down on your potassium intake. It is therefore important to know which foods are rich in potassium.

**FLUIDS** - Some people may need to cut down on the amount of liquid they drink. Your weight, blood pressure, any swelling in your tissue or breathing problems are among the indicators used to check your fluid status.

### What is the IMPORTANCE OF HYGIENE?

Careful attention to hygiene dramatically reduces the risk of peritonitis (inflammation of the peritoneum). Peritonitis requires treatment with antibiotics, sometimes at the hospital. The nurse instructing you in the use of your equipment will be able to teach you everything you need to know in order to avoid infection.

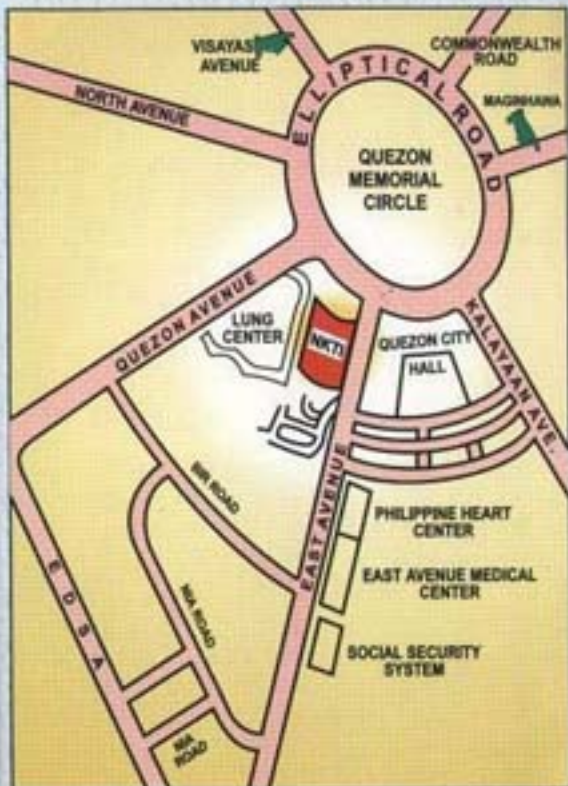
### What are the SIGNS OF PERITONITIS?

Fever / Abdominal Pain / Cloudy Drainage Fluid

### HOW IS LIFE with Peritoneal Dialysis?

Adapting to something new always takes time and there will be some changes to your lifestyle. You have to find time to do your dialysis exchanges carefully and assess your own hygienic standards, but these will soon become part of your daily routine and leave you free to carry on your normal life.

For more information  
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NATIONAL  
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# PERITONEAL DIALYSIS



### What is DIALYSIS?

The term dialysis means the purifying of blood by removal of waste products and excess fluids in the body.

### What is PERITONEAL DIALYSIS (PD)?

In this therapy, the peritoneum is used as the filter, and the dialysis solution is introduced into the abdomen by means of a catheter. The solution takes up the toxic products and excess fluids from the blood and must be changed at regular intervals. The treatment is kept up to 24 hours a day and is similar in function to that of the normal kidney. In other words, the level of toxic products and excess fluids in the patient's blood can be kept permanently low and stable.

### What is PERITONEUM?

The peritoneum is a thin membrane completely surrounding the organs of the abdomen. It is made of a thin layer of cells full of tiny pores, and being semi-permeable it is able to function as a dialysis filter.

### What is the use of a CATHETER in Peritoneal Dialysis?

A Catheter is a thin tube that is inserted through the abdominal wall, thus providing access to the abdominal cavity in a process where peritoneum is used as a dialysis membrane. The solution required for dialysis is then instilled through the catheter. About 2 to 3 liters of fluid can easily be contained inside the abdominal cavity.



A minor operation is performed to insert the catheter into the abdominal cavity. The catheter is held in place by cuffs placed under the

## CAPD PROCEDURE



1. Connect the tubing set to the catheter.
2. Drain out the used solution.
3. Fill with new solution.
4. Disconnect the tubing set from the catheter.
5. Throw away the used solution, disposable tubing and bags.

patient's skin and in the abdominal wall; the catheter is kept permanently in place for as long as the individual stays on Peritoneal Dialysis.

### What are the TWO TYPES of Peritoneal Dialysis?

1. **Continuous Ambulatory Peritoneal Dialysis (CAPD)** - this is a form of manual treatment carried out by the patient in his or her own home. The solution is usually changed each day and each exchange takes approximately 30 minutes. Although the bag is fairly easy to change, aseptic conditions are of essence and it is therefore important to follow the CAPD procedures taught by the instructor.
2. **Automated Peritoneal Dialysis (APD)** - In this process, a machine called a special PD cycler automatically administers the exchanges according to a pre-determined schedule. The patient connects his catheter line to the machine which is supplied with a sufficient number of fluid bags. The machine

then automatically performs all the stages of the exchange. It is a simple piece of equipment suitable for home treatment.

### Types of AUTOMATED Peritoneal Dialysis (APD)

- A. **Continuous Cycling Peritoneal Dialysis** - this is the most common treatment where a PD machine takes care of the exchanges during the night. At the end of the night time exchanges a certain volume of fluid is placed in the abdomen and is allowed to dwell throughout the daytime. Thus, dialysis is being performed 24 hours a day.
- B. **Intermittent Peritoneal Dialysis (IPD)** - this is a less common form of PD. It is a hospital-based therapy, where the patient is treated for 10-14 hours, several times per week.

### How does PERITONEAL DIALYSIS (PD) work?

The PD bags contain glucose solutions of varying strengths. To draw out a large amount of fluid from the body, a solution containing a high concentration of glucose is used. Some of the sugar contained in the solution passes through the peritoneum into the patient's blood and may either be used as an extra source of energy or be stored in the form of fat. This is one reason for wanting to limit the use of the solutions with a high glucose concentration.

Besides fluid and waste products, some proteins and vitamins are also lost. These may, however be replaced by your food, so it is important that your diet is correct.

### How Important is DIET IN THE DIALYSIS?

When you first start dialysis, your diet may have to be adjusted to accommodate the requirements of your treatment. Information on what to eat will be provided by your physician or dietitian.

To remain in good health, it is important that the food you eat is nourishing and rich in proteins.