

## PD essentials:

### Dialysis access

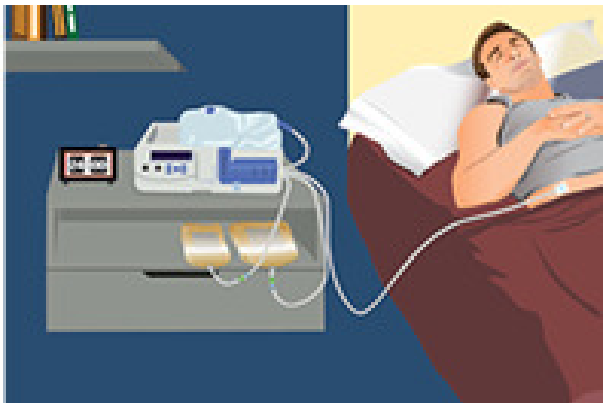
A tube is inserted in your abdomen and remains there whilst you require PD.

### What you need to do?

- ⇒ Attend PD education sessions
- ⇒ Attend an assessment and counseling session regarding your PD choice
- ⇒ Complete PD training once dialysis is needed
- ⇒ Be available for an initial home visit after training
- ⇒ Attend clinic appointments as required
- ⇒ Care for yourself once you start PD

### Must have

- ⇒ Clean storage area for dialysis supplies
- ⇒ Bedroom or clean work area
- ⇒ Telephone



## If you want to know more about PD and how the PD nurses can support you

Call us today to book an education session or for a chat about PD.

### Monday to Friday

7.30 a.m. to 4 p.m.

02 9113 3770

Peritoneal Dialysis Unit

St George Hospital

Renal Care Centre

9 South St. Kogarah NSW 2217

1. My appointment with the PD nurses is on:

2. My appointment with the PD nurses is on:

3. My appointment with the PD nurses is on:



Reviewed By  
**Community Advisory Group**  
*Working together*

# Freedom on Peritoneal Dialysis

Why this is the best dialysis option for you



Health  
South Eastern Sydney  
Local Health District



St George Hospital — PD nurses

## A home based dialysis

Do you want to spend more time at home?

Do you want to maintain your independence?

Do you want to have less hospital visits?

Do you want to manage your own time?

Do you want to be in control of and schedule your own dialysis?

If you do, peritoneal dialysis is the best option for you.

### **Why?**

Peritoneal dialysis is dialysis you can do at home.

Choosing home-based dialysis gives you the flexibility and freedom to enjoy the comforts of your own home as you take full control of your dialysis.

## Benefits of home dialysis

- ⇒ Able to continue working
- ⇒ Independence
- ⇒ Family involvement

## Benefits of Peritoneal Dialysis (PD)

The main benefit of PD is you can easily fit it in with your current lifestyle, with support from our expert PD nurses. Other advantages of PD are:

- ⇒ No needles involved
- ⇒ Little modification at home
- ⇒ Short training time
- ⇒ Able to travel



## More information

PD nurses will provide you with education and training until you are confident to dialyse yourself. At home, PD support is only a phone call away.

**Training sessions will be tailored to your needs.**

## Types of PD

The best type of PD for you depends on your lifestyle, medical condition and personal choice. Your kidney doctor and the PD nurses will help you choose.

**Automated PD (APD)**— is the exchange or cycle of dialysis fluid using a machine for 8-10 hours overnight.

**Continuous Ambulatory PD (CAPD)**— is the manual exchange of dialysis fluid for 45 minutes four times a day.