



Introduction to Home Peritoneal Dialysis 認識居家腹膜透析(英文)

Home peritoneal dialysis is the modality of dialysis that you can operate by yourself. Home peritoneal dialysis is different from hemodialysis for which you need to regularly visit the hospital three times a week. If the condition is stable, you only need to visit the hospital once a month.

What Kinds of Choices about Home Peritoneal Dialysis?

It includes continuous ambulatory peritoneal dialysis (C.A.P.D) and automated peritoneal dialysis (A.P.D).

1. Continuous ambulatory peritoneal dialysis (C.A.P.D):

It is a dialysis treatment operated by the patient with four-time exchanges per day. During every exchange, the metabolic wastes in dialysates are drained out from peritoneum first, and subsequently fresh dialysates are instilled in duration of 20~30 minutes. Fresh dialysates must dwell in the peritoneal cavity for 4 ~6 hours to clean the metabolites and then they are exchanged again.

2. Automated Peritoneal Dialysis (A.P.D):

Automated Peritoneal Dialysis is a continuous modality of three or more exchanges by a desk top automated dialysis machine. You only connect your peritoneal dialysis catheter to tubes of the machine and operate it according to instructions and then take a rest or do other activities. The machine will automatically carry out multiple exchanges within 8~12 hours according to prescription. When the machine completes all treatment next morning, you can disconnect the catheter from tubes of the machine.

Is Everyone Suitable for Home Peritoneal Dialysis?

The patients with end stage renal disease can discuss with their attending physicians about if home peritoneal dialysis is suitable.

What are Advantages of Home Peritoneal Dialysis?

1. Continuous dialysis treatment without regular visit to the hospital.
2. A kind of self-control and self-arrangement treatment.
3. May maintain residual renal function for a longer time.
4. No need of puncture and reduce risks of blood-borne infection.
5. Stable hemodynamic status and fewer impacts on cardiovascular system.
6. Less diet restriction.

How can I Learn to Operate Peritoneal Dialysis?

You will receive simple surgery for implantation of dialysis catheter into your peritoneal cavity. After the operation, the peritoneal dialysis nurse will arrange peritoneal dialysis training programs for you. When you complete training programs and get the approval of physicians, you can go home and carry out home peritoneal dialysis by yourself.

How to Carry Out Home Peritoneal Dialysis?

You should carry out four exchanges per day (morning, noon, evening, and before bed) according to the prescription. There is no strict restriction about the environment for peritoneal dialysis but it is necessary to do it in clean places, such as a bedroom or an isolated room. Please avoid carrying out exchanges in well-ventilated places with much dust.

What are Notices about Home Peritoneal Dialysis?

1. Personal hygiene: the patient must wear glove and mask during the exchange.
2. Obey standard technical procedures instructed by PD nurses.
3. Appropriate exercise and reduce the intake amount of carbohydrate.
4. More protein intake compared to hemodialysis.