

# Questions?

## What you should ask your doctor about peritoneal dialysis

The answers to these questions will help you make your decision. Don't be afraid to ask them.

- Am I a good candidate for peritoneal dialysis?
- How will the catheter be placed, and when?
- What type of complications might occur?
- How often will I need to perform the dialysis treatment?
- How long can I stay on peritoneal dialysis?
- Can I switch to a home hemodialysis system?

## Weighing peritoneal dialysis against other treatment options

Peritoneal dialysis must be performed daily, but gives you flexibility. Benefits can include fewer dietary restrictions, shorter recovery times between treatments, and fewer trips to a dialysis center. However, you will need to learn skills and techniques to care for your catheter and prevent infection.

If you're not a candidate for peritoneal dialysis, your doctor may recommend in-center dialysis or home therapy with hemodialysis.

Outset Medical is passionate about dialysis patients knowing their options and living their best lives. We are revolutionizing how hemodialysis therapy is delivered at home so more patients can take control of their condition and feel better.

Whichever option you choose for dialysis therapy, we encourage you to discuss your wellness goals and any questions you have with your medical care team.



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## KIDNEY CARE OPTIONS

# Peritoneal Dialysis

What you need to know about using your body as a filter, types of belly dialysis, and performing home therapy



# Basics

## What is peritoneal dialysis?

Peritoneal dialysis, also known as belly dialysis, uses the stomach lining as a filter. A surgically placed catheter allows fluid to flow through tubing into your belly, where it remains for a few hours. The waste passes from your blood into the extra fluid and exits your body through the catheter.

This process occurs in your home<sup>1</sup>. Although you must perform the procedure daily, you can set your own schedule for delivering the therapy.

## What are the types of belly dialysis?

The two types of belly dialysis, Continuous Ambulatory Peritoneal Dialysis (CAPD) and Automated Peritoneal Dialysis (APD), differ in the number of treatments, time required, and how the fluid is delivered and drained.

### CAPD

CAPD does not require a machine and can be done while working or doing other daily activities. The cleansing fluid flows from a plastic bag hung on a pole higher than the catheter. Each treatment takes 30-40 minutes and must be performed three to four times daily.

### APD

APD uses a machine to deliver the fluid to your belly and drain it after the treatment. This treatment can occur once daily while you sleep.

## What training is required to perform peritoneal dialysis?

Learning peritoneal dialysis usually takes two to three weeks with the commitment of spending eight hours per day, five to six days per week at the clinic to practice manual and automated fluid exchanges in your belly.

The training also may include how to care for your catheter, connect to the peritoneal therapy system, monitor treatments, record any complications, and handle medical emergencies.

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<sup>1</sup> National Kidney Foundation. (NKF). 2020. Peritoneal Dialysis: What You Need to Know. Retrieved at: <https://www.kidney.org/patients/peers/dialysis>