

TREATMENT OPTIONS FOR END STAGE RENAL DISEASE



Questions and Answers
about Ways to Treat Kidney Disease



What is End Stage Renal Disease (ESRD)?



- When your kidneys no longer work well enough to keep you healthy you have End Stage Renal Disease, or ESRD.
- Diabetes and High Blood Pressure are two major causes of Renal Failure.

What Do Normal Kidneys Do?



- Remove extra water.
- Remove waste products.
- Balance chemicals in the body.
- Help control blood pressure.
- Help make red blood cells.
- Help build strong bones.

What Happens When Kidneys Fail?



- The kidneys are not able to clean waste products from the blood.
- Waste products build up in the blood causing you to feel bad.
- Symptoms may include:
 - extreme tiredness.
 - nausea and vomiting.
 - shortness of breath.
 - difficulty sleeping.
 - swelling in the hands, face and feet.

What Can be Done if my Kidneys Fail?



- **Dialysis and kidney transplantation are procedures to replace lost kidney function.**
- **Diet and medication are important treatments for kidney failure.**
- The dietitian will tell you what foods to eat to help you feel better.
- The doctor will order medicine to help with problems such as blood pressure control and water removal.

What About a Transplant?



- A kidney transplant places a healthy kidney from another person into your body.
- Transplants can come from living or non-living (cadaveric) donors.
- You may need to wait for a kidney to be available.
- A donor kidney must be a "match" for your body.
- **Not everyone is a candidate for a transplant.**
- Your doctor will need to make a complete medical evaluation.

Transplantation



- A successful transplant can help return you to a state of good health.
- However, transplant is a **treatment, not a cure!**
- You will still need to take medicine and see a doctor regularly.

What are my Dialysis Treatment Options?



- Dialysis is a procedure used to treat kidney failure.
- Dialysis does some of the things a normal kidney does, such as:
 - Remove extra water from the body.
 - Remove the waste products that have built up in the blood.
- **There are two kinds of dialysis — hemodialysis and peritoneal dialysis.**

Hemodialysis



- **Hemodialysis is done 3 times a week. Each treatment lasts about 4 hours.**
- **Nurses and technicians do your treatment in a dialysis facility.**
- Blood is pumped through the dialyzer.
- Extra water and waste products are removed.
- The blood is then pumped back into your body.

Hemodialysis Access



- **Blood flow to the machine usually comes from a vein in your arm or leg.**
- A surgical procedure is done to change a vein into a fistula or graft.
- This fistula or graft is called a blood access.
- Needles are inserted during the dialysis treatment to take blood to the machine and dialyzer.



- **If you have problems with your fistula or graft, or if you need to start dialysis right away, a temporary tube may be put into a vein near your chest or neck for blood access.**
- **You will need to check your blood access every day for signs of infection or clotting.**

Things to Consider About Hemodialysis

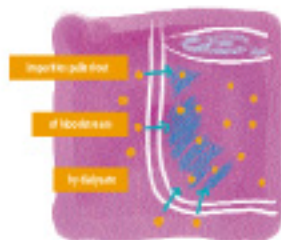


- You will have days off dialysis when you can do other activities.
- You will be able to see and talk to nurses and doctors often.
- In certain circumstances hemodialysis treatments maybe done at home by you and a partner.
- You will need to follow a strict diet to remain healthy.
- Some people experience headaches, cramps, or nausea during the treatments.

Peritoneal Dialysis (PD)



- **Uses your peritoneum as a dialyzer.**
- The peritoneum is a space in your abdomen.
- A thin lining called the peritoneal membrane covers this space inside your body.
- The peritoneal membrane acts as a dialyzer for your blood.
- **A special fluid called dialysate is put into the peritoneum.**
- The dialysate stays there for several hours.
- Waste products and extra water move through the peritoneal membrane into the dialysate.
- Then the used dialysate is drained away and replaced with fresh dialysate.



Peritoneal Dialysis Access



- **Dialysate goes in and out of your peritoneum through a small tube called a catheter.**
- The catheter is about the size of a straw.
- It is put into your lower abdomen in a minor surgical procedure.
- Your clothing covers the catheter when you are not using it.

How is PD Done?

001 Exchange cycle



- **Each treatment is called an exchange.**
- Your catheter connects to special tubing and a bag of fresh dialysate fluid.
- Old dialysate is first drained out of your peritoneum.
- Then you fill your peritoneum with the new dialysate.

How is PD Done?



- **CAPD (Continuous Ambulatory Peritoneal Dialysis)**
- Most exchanges are done during the day.
- Exchanges are usually done when you wake up in the morning, around lunch time, and in the late afternoon.
- The last exchange is done before bed.
- Each exchange takes about 30 minutes.

How is PD Done?



- **CCPD (Continuous Cycling Peritoneal Dialysis)**
- Most exchanges are done at night while you sleep.
- A machine called a cycler drains and fills your peritoneum for you.
- Most people stay on the cycler for 9 or 10 hours each night.

Things to Consider About Peritoneal Dialysis



- You are free to do all your usual activities while your dialysis is taking place.
- You are in control of your treatment times.
- You will still see your doctor and nurse during your clinic visits each month.
- The treatment is very gentle. Most people have no discomfort at all.
- Your treatments are done every day.

How Will I Learn to do Dialysis at Home?



- **The nurses in your clinic will teach you how to do your treatments.**
- Peritoneal dialysis teaching usually takes 1-2 weeks.
- **If needed, a family member or partner will also learn how to do your dialysis.**
- **Your clinic will arrange for supplies to be delivered to your home every month.**
- You will need a clean place for your supplies.

How Can I take Care of Myself?



- **Follow your diet and take your medicines on time.**
- **Stay as active as possible.**
- Dialysis should be part of your life, not your whole life.
- **Spend time with family and friends.**
- Family support is important to your health and happiness.

Your Healthcare Team



- **No matter which form of therapy you choose, you will have a team of healthcare professionals to meet your needs.**
- Your doctor
- Nurses
- Dietitian
- Social worker

The Choice is Yours



- We hope this information has been helpful in determining the treatment that will be best for you.
- Be sure to ask your doctor and nurses any questions.
- We want you to get the best care possible with the therapy you choose.



Notes



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