

Preparing for peritoneal dialysis training

As you adjust to life on peritoneal dialysis (PD), your care team will support you in every step of your journey.



What to expect from training

- You'll learn how to do your PD treatment at home and while traveling.
- Your training will last about ____ weeks and follow a lesson plan created for you by your PD nurse so that it can be adjusted to your learning pace.



What to expect during training

- Receive dialysis treatments throughout your training.
- Learn to complete PD treatment safely with or without a care partner.
- Bring your care partner to training, if you choose to have one, so you both feel confident with your treatment routine. Your partner may not need to attend all sessions.
- Learn how to do PD treatments by manual exchange.
- Order and receive your dialysis supplies at home.
- Resolve alarms (if on a cyclor) and complications.
- Care for and connect to your PD catheter extension set and prepare for unexpected circumstances.
- Access to a nurse when you need it.
- Prepare your home for treatment with the help of your care team.
- Document your treatment and learn what and how to report to your care team.
- Schedule routine visits with your care team.
- Know what to do in case of an emergency, including disconnecting from your PD system.



What you should bring to your training

- Bring your medications, their bottles, and your glucometer with supplies (if applicable).
- Wear comfortable, loose clothes and bring a blanket in case you feel chilly.



Have questions about PD or your training?

- Pack a healthy lunch or snack to keep your energy up and a book or tablet for relaxation.
- Talk with your care team for more information.