

# Peritoneal Dialysis

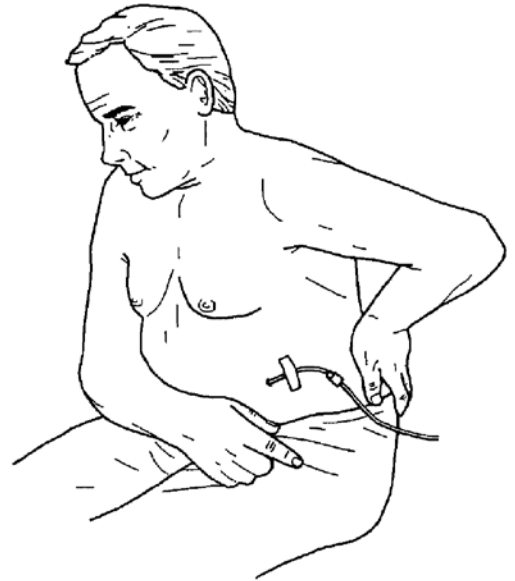
Peritoneal dialysis is a treatment used to clean the blood of extra fluid and waste that builds up in the body when the kidneys do not work.

## Catheter Placement and Care

A tube or catheter is placed through the abdominal muscles. One end is put into the peritoneal space. The peritoneal space is the empty space that surrounds the organs of the abdomen.

The other end of the tube comes out of the abdomen about 6 inches. A large dressing will be over the catheter site to protect the site, promote healing and prevent infection. The staff will change the dressing about 5 days after surgery. Keep the dressing dry.

The catheter is not used for 2 weeks after placement so the area can heal. If you need dialysis during this time, hemodialysis will be done.



# Kaadi-saarista Xuubka Hoose (Peritoneal Dialysis)

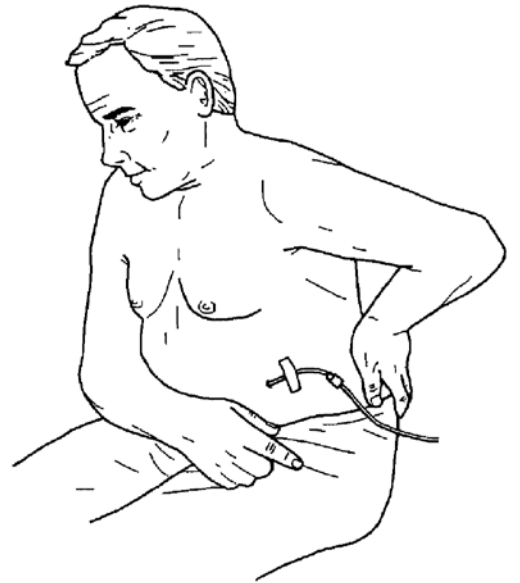
Kaadi-saarista xuubka hoose waa daweyn la isticmaalo si dhiigga looga nadiifiyo dheecaanka iyo qashinka siyaadada ah ee jirka ku urura marka kelyuhu aanay shaqeynaynin.

## Galinta Tuubada (Catheter) iyo Daryeelka

Tuubo ama dhuun ayaa la galiyaa muruqyada caloosha. Banaanka xuubka hoose ee ubucda ama caloosha (peritoneal space) ayaa la galiyaa tuubada dhamaadkeeda . Banaanka xuubka hoose waa meel banaan oo ku wareegsan xubnaha jirka ee ubucda ku jira.

Dhamaadka kale ee tuubada waxa uu caloosha ama ubucda dibadda uga soo baxaa qiyaas ah 15 sentimiitar (6 inji). Faashad weyn ayaa la saari doonaa goobta tuubada si loo badbaadiyo goobta, loo hormariyo bogsashada, loogana hortago caabuqa. Shaqaalaha ayaa beddeli doona faashadda qiyaas ah 5 maalmood qalitaanka ka dib. Faashadda ka ilaali qoyaan.

Tuubada lama isticmaalo mudo ah 2 todobaad ka dib galitaanka si goobtu u bogsato. Haddii aad u baahan tahay sifeyn kaadi inta lagu jiro mudadan, waxa la sameyn doonaa kaadi-saaris dhiig (hemodialysis).



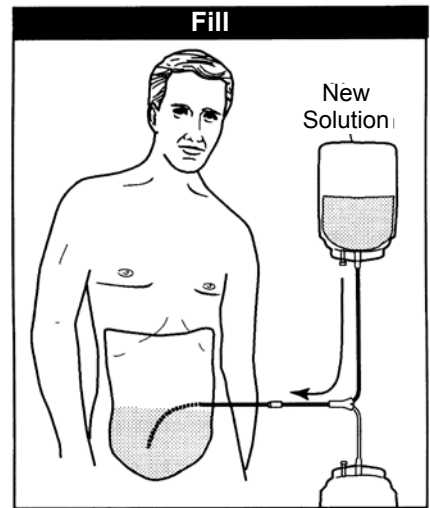
# How Peritoneal Dialysis Works

## Continuous Ambulatory Peritoneal Dialysis (CAPD)

This 3-step process is called an **exchange**.

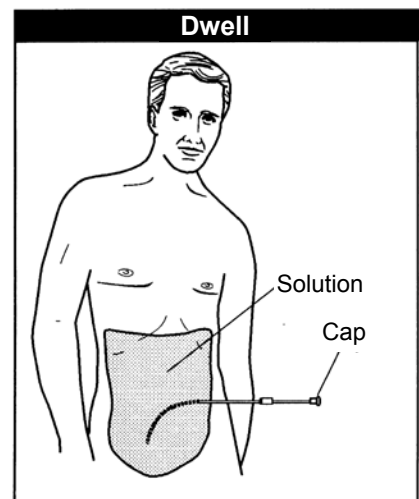
### 1. Fill

A bag of solution called dialysate is put into the abdomen through the catheter. This bag holds about 2 quarts of fluid. It takes about 10 to 20 minutes to fill. When the bag is empty, it can be clamped off or the tubing can be capped off.



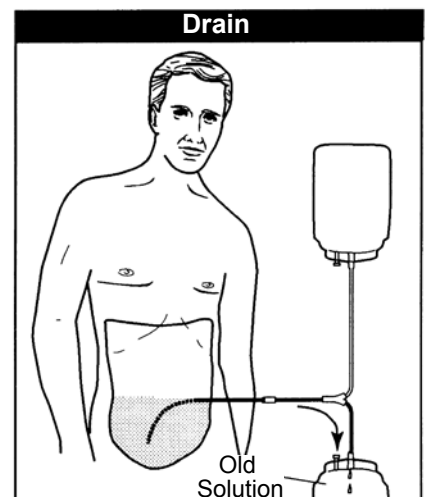
### 2. Dwell

The solution stays in the abdomen 4 to 6 hours. While the solution is in the abdomen, extra fluid and wastes move from the blood and into the solution.



### 3. Drain

Using gravity, the solution is then drained out of the body into a drain bag. The drained fluid is much like urine and will be clear yellow. It takes about 10 to 20 minutes to drain.



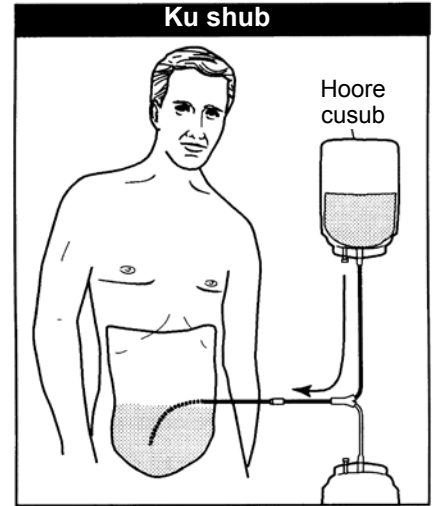
# Sida Kaadi-saarista Xuubka Hoose u Shaqeyso

## Kaadi-saarista Xuubka Hoose ee Joogtada iyo Socodka Leh (Continuous Ambulatory Peritoneal Dialysis) (CAPD)

Habkan ah 3 saddex (talaabo) waxa loo yaqaanaa kala-beddelid.

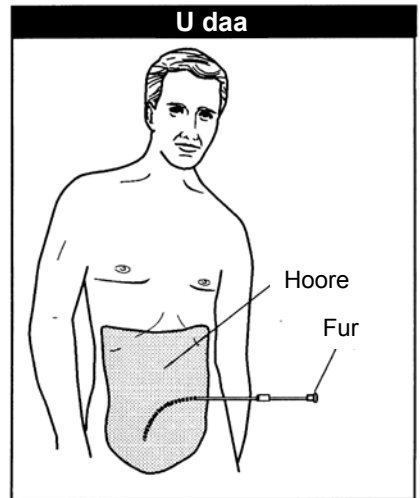
### 1. Ku shub

Bac uu ku jiro hoore la yiraahdo “dialysate” ayaa lagu shubaa ubucda ama caloosha iyada oo la isticmaalayo tuubada. Bacdu waxay qaadaa qiyaas ah 2 rubuc galaan (1.9 litir) oo hoore ah. Si ay u faaruqdo bacdu waxay qaadataa qiyaas ah 10 ilaa 20 daqiiqadood. Marka bacdu faaruqdo, waxaa jirta meel tuubada laga xiri karo ama fur laga galin karo.



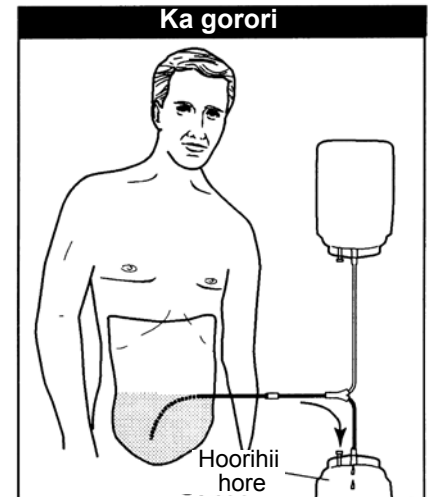
### 2. U daa

Hooruhu waxa uu ku jiraa ubucda ama caloosha 4 ilaa 6 saacadood. Inta hooruhu ku jiro ubucda, dheecaanka iyo qashinka dheeraadka ah ayaa ka soo baxa dhiigga oo ku darsamaya hooraha.



### 3. Ka gorori

Iyada oo la isticmaalo cuf-is-jiidad, hooraha ayaa laga gororiyaa jirka oo lagu gororiyaa bac goror. Dheecaanka la gororiyay waxa uu si aad ah ugu eg yahay kaadida waxana uu lahaan doonaa midab ah hurdi/jaale saafi ah. Waxay qaadataa 10 ilaa 20 daqiiqadood in dheecaanka la gororiyo.



When the solution is drained, a new bag of dialysate is connected to the catheter and the steps are repeated. These 3 steps are done about 4 times each day with meals and at bedtime. Each cycle takes 20 to 40 minutes.

After you are trained, you can do peritoneal dialysis anywhere there is a clean, private area. To prevent infection, the exchange must be done under clean conditions and the patient may need to wear gloves and a mask.

### **Continuous Cycling Peritoneal Dialysis (CCPD)**

With CCPD, there are fill, dwell and drain cycles, but the dwell time is shorter and a machine does the exchanges. The dwell time is about 1½ hours. The machine is set up and the person is connected to this machine for 8 to 10 hours during the night. The person is unhooked from the machine during the day.

### **When to Call Your Doctor**

#### **Call your doctor when you have any of these signs of PD problems:**

- Shortness of breath
- Swelling in the arms, legs, face or abdomen
- Extreme itching or bone pain, this can be a sign of too much phosphorus in the body
- Dizziness, nausea or cramping in the toes, feet or stomach

Marka hooraha ama dheecaanka la gororiyo, bac cusub oo ah “dialysate” ayaa lagu xiraa tuubada iyadoo lagu cel-celinayo talaabooyinka. Saddexdan talaabo waxa la sameeyaa qiyaas ah 4 jeer maalin kasta, wakhtiyada cuntada iyo wakhtiga jiifka. Wareeg kastaa waxa uu qaataa qiyaas ah 20 ilaa 40 daqiiqadood.

Marka lagu tababaro ka dib, waxa aad kaadi-saarista xuubka hoose ku sameyn kartaa meel kasta oo leh goob naadif ah oo asturnan. Si looga hortago caabuq, waa in kala-beddelidda la sameeyo iyada oo la ilaalinayo xaaladaha nadaafada, waxana laga yaabaa in bukaanku u baahan yahay inuu gashado gacmo-galisyo iyo waji-shareer ama maaskaro.

### **Kaadi-saarista Xuubka Hoose ee Joogtada iyo Wareegga ah (Continuous Cycling Peritoneal Dialysis) (CCPD)**

Marka la isticmaalayo CCPD, waxa jira wareegyada ah ku shub, u daa iyo gorori, laakiin wakhtiga u-daynta ayaa yar waxana kala-beddelidda sameeyaa mishiin. Wakhtiga u-dayntu waa qiyaas ah 1½ saacadood. Mishiinka ayaa la rakibaa waxana qofka lagu xiraa mishiinka mudo ah 8 ilaa 10 saacadood inta habeenka lagu jiro. Qofka waxa laga furaa mishiinka maalinnimada.

### **Markay tahay in aad Wacdo Dhakhtarkaaga**

#### **Wac dhakhtarkaaga marka aad leedahay mid ka mid ah astaamahan ama calaamadahan dhibaatooyinka Kaadi-saarista Xuubka Hoose:**

- Neefsashada oo gaaban
- Barar ah cududaha, lugaha, wajiga ama caloosha
- Cuncun daran ama xanuun lafaha ah, kani waxa uu calaamad u noqon karaa fosfor (phosphorus) aad ugu badan jidhka
- Dawakh, lallabo ama maroojin ah faraha cagaha, cagaha ama caloosha

- Cloudy bags or drained dialysis solution is pink in color
- Redness, pain or swelling
- Leaking from the catheter site
- Catheter adapter or catheter falls out, or comes apart
- Hole in the catheter
- Changes in blood pressure

**Talk to your doctor or nurse if you have any questions or concerns.**

- Baco ceeryaan leh ama dareeraha kaadi-sifeynta ee gororay ayaa midabkiisu cas yahay
- Casaan, xanuun ama barar
- Dheecaan ka soo baxay barta tuubada ama katatiirka (catheter)
- Qayb galaysa katatiirka ama katatiirka ayaa soo dhacay, ama kala baxay
- God ku yaala katatiirka
- Isbeddelo ah cadaadiska dhiigga

**La hadal dhakhtarkaaga ama kalkaalisada haddii aad qabtid su'aalo ama walaac.**

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Peritoneal Dialysis. Somali.