



Preparing for peritoneal dialysis training

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



WHAT TO EXPECT FROM TRAINING

- /// You'll learn how to treat at home and while traveling.
- /// Your training will last about 2 weeks, broken up into sections, so you can go at your pace.
- /// You'll receive catheter flushes once a week prior to training in the home therapy unit.



WHAT TO EXPECT DURING TRAINING

- /// Continue to receive dialysis treatments throughout your training.
- /// Learn to complete 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 about how your peritoneal dialysis (PD) treatments occur every day by cycler or manual exchange.
- /// Order and receive your dialysis supplies at home.
- /// Resolve alarms and complications.
- /// Care for and connect to your PD catheter and prepare for unexpected circumstances.
- /// Access 24/7 nursing care online or by phone—anytime 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 in center or by telehealth.



WHAT YOU SHOULD BRING TO YOUR TRAINING

- /// Bring your medications, their bottles, and your glucometer with supplies (if it applies).
- /// Wear comfortable, loose clothes and bring a blanket in case you feel chilly.
- /// Pack a healthy lunch or snack to keep your energy up and a book or tablet for relaxation.



HAVE QUESTIONS ABOUT PD OR YOUR TRAINING?

Talk with your care team or visit [FreseniusKidneyCare.com/PD](https://www.freseniuskidneycare.com/PD) for more information.