

# Preparing for peritoneal dialysis training

As you begin your dialysis journey with peritoneal dialysis (PD), your care team will be there to support you every step of the way. During training, you'll learn everything you need to know so you can feel confident as you adjust to life on dialysis. Our goal is to help you feel your best so you can thrive.



## WHAT TO EXPECT FROM TRAINING

- // Learn to treat at home or on the go—whichever works best for you.
- // Training with a nurse will last about 2 weeks. It's broken up into sections and you can go at your own pace.
- // You will continue to receive dialysis treatments throughout your training.
- // You and your care partner will get the same training to ensure you feel safe doing treatment in your home.
- // Your doctor will help determine the best treatment schedule to fit your lifestyle.



## DURING TRAINING YOU'LL LEARN HOW TO:

- // Do treatment with or without your care partner.
- // Complete manual and automated exchanges.
- // Care for your body now that you're on dialysis.
- // Prepare for treatment in unexpected circumstances.
- // Access 24/7 nursing care online or by phone—anytime you need it.



## WHAT YOU SHOULD BRING TO TRAINING

- // Pack a healthy lunch or snack to keep your energy up during training.
- // Bring a blanket in case you feel chilly during treatment.
- // Use a book and/or a tablet to relax during treatment or downtime during training.
- // Wear comfortable, loose clothing.



## 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.