

Dialysis is not the end

Introduction

Types of treatments

Your Team

Nephrologist

Nurse

Patient care technician

Dietitian

Social worker

Diet

- **Hemodialysis.** Hemodialysis is the most common type of dialysis. ...
- **Peritoneal dialysis.** Peritoneal dialysis involves surgery to implant a peritoneal dialysis (PD) catheter into your abdomen. ...

Continuous renal replacement therapy (CRRT) Process

Side of Effects

Here is a comparison of HD and PD:

Hemodialysis (HD)

Peritoneal Dialysis (PD)

What are the side effects?

- Pain from inserting needles
- Changes in blood pressure
 - Cramping
- Feeling tired and washed out
 - Full belly
- Changes in bowel movements
 - Weight gain

Trouble with sleeping

- Foods with phosphate additives. Foods such as deli meats, baked goods and soda contain phosphate additives. Phosphates are often used as a preservative in processed foods to extend the shelf life. ...
- **Bananas.** Bananas are very high in potassium. ...
- Chocolate. A 3.5 ounce serving of dark chocolate has over 300mg of phosphorus.