

# Patient Testimonial: My PD Dialysis Journey



*Timmy Nelson*

After many years of reoccurring back pain, I decided to undergo surgery to resolve the issue in January of 2013.

The surgery and results could not have been better. After two days, my surgeon felt I would be able to go home as long as I committed to follow his instructions. My back was mended, but after reviewing the results of seemingly endless examinations, I was informed that my kidneys were not operating properly and once released (a week later) I needed to see a renal doctor.

After numerous renal appointments, blood work and examinations, I was informed that I may need to consider dialysis. By November of that same year, there was nothing to consider. I had to go on dialysis. My employment required extensive travel, many times via airplane. During a consultation with my renal doctor, he explained dialysis options and said I would be a good candidate for peritoneal dialysis (PD), provided I truly had the self-discipline that I seemed to demonstrate during my interactions with him. He explained the process and how it is totally manageable, even considering my extensive travel schedule, and referred me to a dialysis nurse for more in-depth questions. After these consultations and training with the nurses, my supplies were ordered and cycler delivered.

At home, I had great flexibility because I was able to place my cycler at the most advantageous location allowing me the most access to my home. With some planning and proper placement of items needed, I was able to complete my dialysis process and still follow my daily routine at home. When traveling, I would complete my process in the evening and overnight in my hotel room.

Yes, even for short business trips it seemed that I was packing for many days due to the supplies I needed to carry. But with the exception of my cycler, once I arrived at the airport everything was checked luggage. My travel schedule was calendared in advance, so once my plans were completed, I called Baxter to arrange solution deliveries to the city and hotel per my schedule. Hotels have been gracious and have always accepted my solution deliveries at least a day in advance of my arrival.

I followed this process with no issues until I decided to retire in March of 2015. Since retirement, I still travel. If it is by air, I call Baxter. Short automobile trips are also simple - I just load everything I need into my car. This July I am taking a five-day cruise and once again, no issues. My solution is planned to be delivered a day in advance and the cruise line will place the boxes of solution in my cabin.

As you can tell, I am a believer and supporter of PD. It does require discipline, maintaining a schedule, and some planning, but compared to a requirement of days throughout the week at a dialysis center (no matter how comfortable and friendly the atmosphere), this is my preferred option.

I am such a supporter of this dialysis option that I regularly and openly discuss PD with anyone desiring to hear my story. During the conversation the response is always the same. People say they never would have guessed I was a dialysis patient.

That, to me, is the greatest compliment.

***For more information about peritoneal dialysis (PD) and other treatment options, please contact Quality Insights Renal Network 4 (QIRN4) by calling (800) 548-9205 or visit our website at [www.qirn4.org](http://www.qirn4.org).***



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