



York and Scarborough
Teaching Hospitals
NHS Foundation Trust

Ted needs dialysis

A story to help your children
understand Peritoneal Dialysis.

Your children can colour in Ted along
his journey.

Renal department

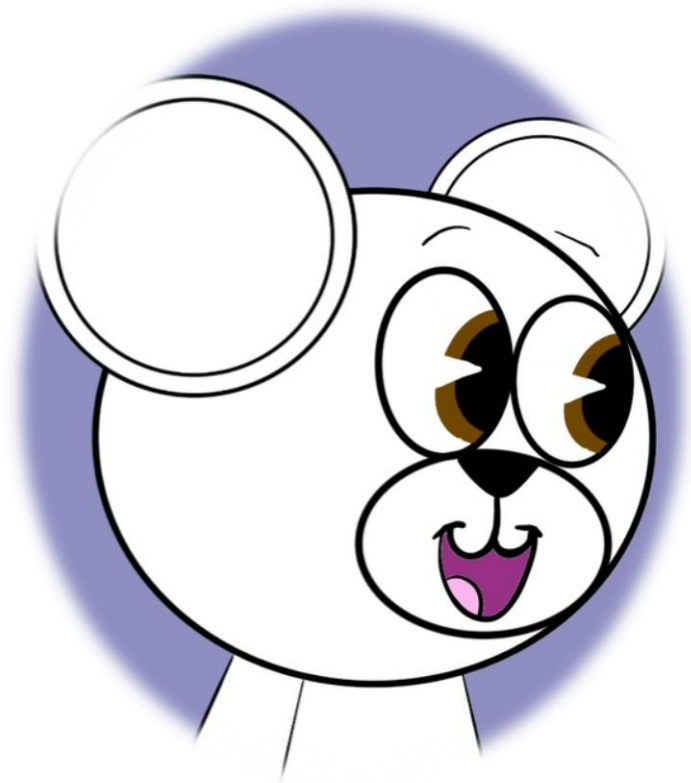
York Hospital and Scarborough Hospital

Telephone: 01904 725370

Please let us know if you need this leaflet in
another format or language

Ted lives at home with his family.
He has two children.

Ted has a problem with his
kidneys. They are not working
very well.

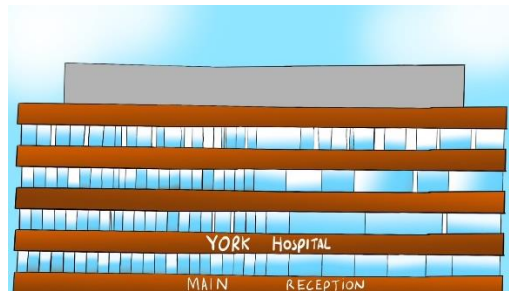


Most people have two kidneys.
They are shaped like big beans
and are the size of your fist.
They are in your lower back.



Healthy kidneys remove waste
products from your blood and get
rid of extra fluid we do not need
by making wee.

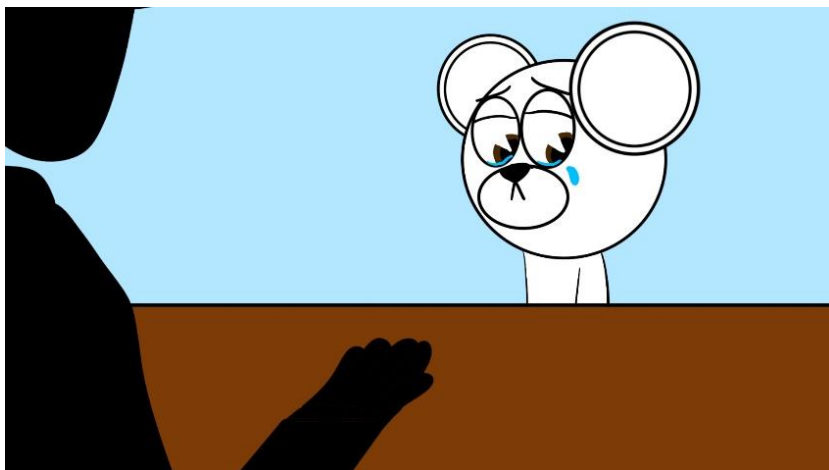
Ted needs to visit York Hospital for regular check-ups with the kidney doctor. The doctors and nurses have got to know Ted very well.



The doctor told Ted his kidneys cannot get rid of the waste and extra water he does not need.

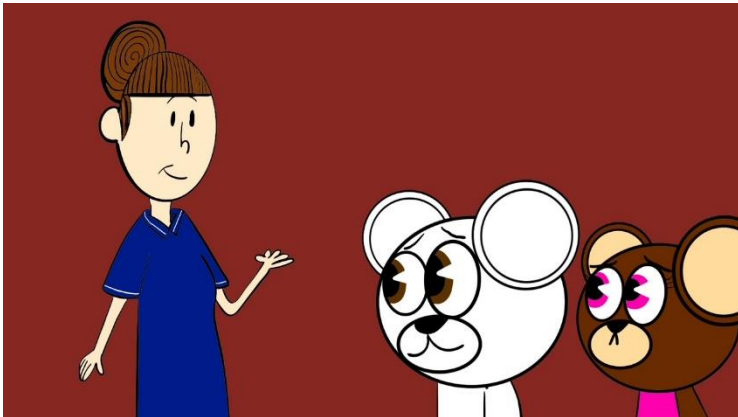
This can make him feel poorly and tired.

The doctor told Ted he needs a treatment called dialysis to keep him well and do some of the kidney's job for him.



One type of dialysis can be done at home. This is called Peritoneal dialysis or PD for short.

One of the PD specialist nurses came to see Ted at home, to tell him and his family about dialysis.

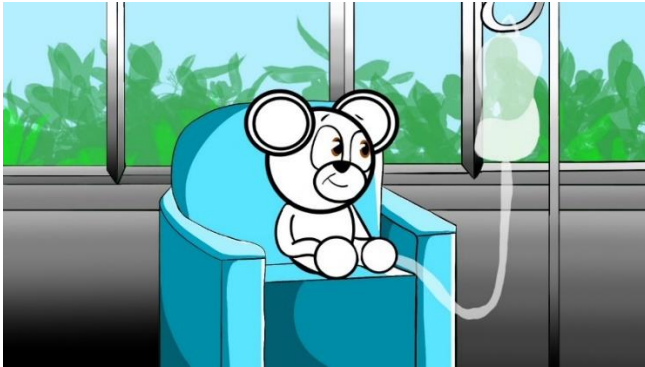


Ted had lots of questions.
The nurse explained that PD
uses a soft tube in his tummy to
put special fluid in.

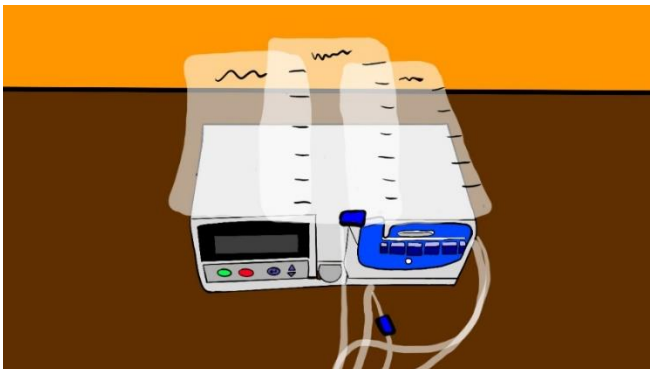
This soaks up waste and water
from Ted's body. After the fluid is
collected, it needs to be emptied.
Ted needs to do this every day.

There are two ways Ted can do
PD. The PD nurses visit his
home to teach him how to do
them both, then he can choose
the best dialysis for him.

One way is to put special fluid in and drain it out in the daytime.



Another way uses a machine to do this for him at night, while Ted is asleep.



Ted is worried about dialysis.

He tells the PD nurses this.
They ask another Teddy, who is
on dialysis, to talk to him.

This helps him feel like he is not
the only one on dialysis. He can
ask Teddy questions about
dialysis and what happens to her.



When the doctor tells Ted it is nearly time for him to start dialysis, he goes to York hospital to have a small operation to put the soft tube into his tummy.

He will stay in hospital for one night.



After the operation, Ted will need some time to rest. He must be careful with his tummy.

Ted's children had lots of questions about what will happen to their dad when he is on dialysis.

Ted told them he will need time to get used to it, and it will help him feel better. He will need to do PD every day or night.

Ted and his family will need to find a safe space at home to store the boxes of special dialysis fluid. Only Ted should touch the fluid.

There are some activities he cannot do after the PD tube is put into his tummy.

Ted cannot go on rollercoasters or jump on a trampoline to keep his PD tube safe.

He can still take his children to the theme park and trampoline park.



Ted can go swimming when the doctors say it is OK. He will need to protect his PD tube by putting a special bag over it on his tummy.

Ted can go on holiday if he takes his dialysis machine with him.

Ted knows that if there is a problem, or if he feels poorly, he might need to go back to hospital and stay there for a few days.

When Ted has got used to having PD, he feels like a new bear.

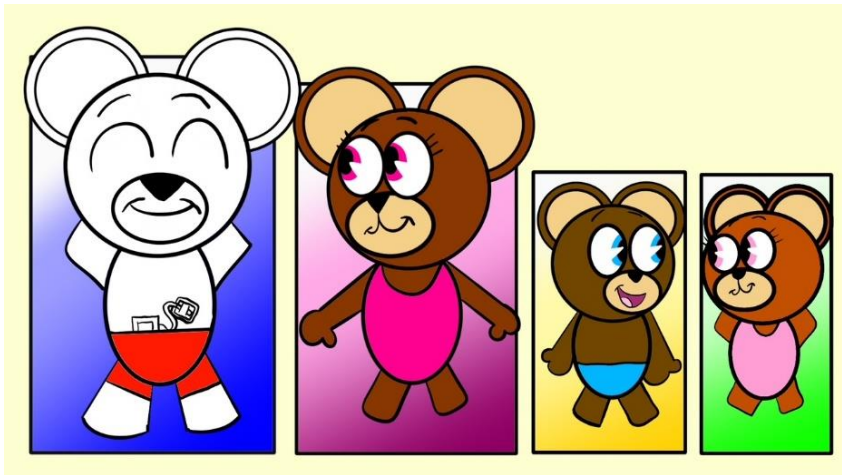
He can do his dialysis all by himself and the PD nurses and doctors are very pleased with how he is doing.



Ted knows he can ring the PD nurses if he has any questions or worries.

A few months later, Ted is feeling a lot better, and he goes on holiday with his family.

They have a brilliant time.



Acknowledgements:

Thank you to our patients for giving us their time and input to help improve our service and support the families of our future patients.

Thank you to all my colleagues within the York and Scarborough Teaching Hospitals NHS Foundation Trust, and the Renal Paediatric Clinical Nurse Specialist and Young Adult CNS from Leeds Teaching Hospitals NHS Trust, who helped guide me to create the leaflet.

A huge thank you to Amy Watson who designed Ted and for her illustrations.

Thank you to Isla Morley for the idea of Ted.

For more information, please contact the Kidney Care Specialist Nurses on telephone number:
York 01904 725486 or 721325

Email: yhs-tr.renalkidneycarespecialistnurses@nhs.net

Owner	Helen Morley, Kidney Care Specialist Nurse
Date first issued	July 2026
Review Date	July 2029
Version	1 (issued July 2026)
Approved by	Medicine Care Group Clinical Governance
Document Reference	PIL1821 v1
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