

Peritoneal Dialysis Catheter Insertion



UHN

Instructions for Patients Going Home

Do not drive a car or drink alcohol for 24 hours.

Introduction

You now have a peritoneal dialysis catheter in your abdomen. You need the catheter to be able to have peritoneal dialysis. This small flexible tube is what you will be using to do your peritoneal dialysis exchanges. Part of the catheter is under the skin and part is outside the skin. The PD catheter stays inside your abdomen as long as you need to have peritoneal dialysis.

What you can eat and drink after your operation

You may resume the diet you were on before your operation. A dietitian will meet with you during your home peritoneal dialysis training to discuss your individual diet plan.

Activity and exercise

Once you are discharged home you may resume normal activity with the exception of the following:

- No sexual intercourse for approximately 10 days after your operation.
- No heavy lifting (not more than 10 pounds or 5 kilograms)
- No strenuous exercise such as weight lifting, running, swimming, sit-ups etc.

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Once you are in the peritoneal dialysis-training program your training nurse will provide more information on exercise and activity.

How to take care of your dressing (bandage)

After your operation you will have a large abdominal dressing. This dressing is to keep the catheter secure and to encourage healing of the PD catheter. This dressing however is only temporary and stays on for 10-14 days. You won't need to have such a large dressing on your abdomen once you are trained to do your own dialysis. It is very important to keep this dressing dry. You cannot take tub baths or showers until you are trained to do your own dialysis. You may sponge bathe only during this time. Make sure you avoid getting your dressing wet while you sponge bathe. Please do not attempt to remove the dressing on your own. A nurse in the dialysis unit will change your dressing in about 10-14 days.

How to cope with your pain

After your operation you may experience some pain. Pain is normal after this operation and should subside with time.

You will be given a prescription for pain medication before you are discharged home. It is advisable to take the prescription to a pharmacy and have it filled before you go home. Follow the directions for taking the medication.

Do not drink alcoholic beverages while taking these medications. Medications for pain often cause drowsiness. Do not take them if you are driving a car, operating machinery or doing anything requiring concentration.

Preventing Constipation

Constipation can be a common problem for people with kidney failure. It is possible to become constipated after your operation especially if you are taking medication for pain. A prescription for a laxative called 'Lactulose' will be given to you before discharge. You should take this laxative if you have not had a bowel movement within 48 hours after your operation. It is not recommended to take other laxatives such as Milk of Magnesia or Fleet Enemas when you have kidney failure.

Emergency Care

The following symptoms are not expected and you should seek medical attention if any of the following occur:

- Bleeding that won't stop



If your wound bleeds press on the dressing for 15 minutes. If the bleeding does not stop after applying pressure for 15 minutes and soaks through the dressing call your surgeon. If you are unable to reach your surgeon go to the nearest hospital emergency department.

- Fever

If your temperature is higher than 38 degrees Celsius or 101 degrees Fahrenheit call your surgeon, the home peritoneal dialysis unit or your family doctor. If you can't reach any of the above go to the nearest hospital emergency department.

- A soaking wet abdominal dressing

If clear fluid has leaked and soaked through your dressing call the home peritoneal dialysis unit or your surgeon.

- Severe pain

If your pain medication isn't relieving your pain call your surgeon, your family doctor, the Home Peritoneal Dialysis Unit or go to the nearest emergency department.

Phone numbers

Surgeons

(Dr. Penner and Dr. Escallon)	416-603-6220
Home Peritoneal Dialysis Unit	416-340-5672
Renal Co-ordination Office	416-340-3056
Hospital Locating	416-340-3155

If you are unable to get through to any of these numbers call the Hospital Locating and ask for the General Surgery resident on call: 416-340-3155 or go to the nearest hospital emergency department.

Follow Up Appointments:

Your follow-up appointments will be at the Toronto General Hospital Peritoneal Dialysis Program. The following appointments have been made for you:

PD Catheter and Dressing Care

Dates _____

Times _____

Location - 13th Floor of the Eaton South Wing Peritoneal Dialysis Unit

Intermittent Peritoneal Dialysis (IPD)

Dates _____

Times _____

Location - 13th Floor of the Eaton South Wing Peritoneal Dialysis Unit

Training for Home Peritoneal Dialysis (HPDU)

Dates _____

Times _____

Location - 12th Floor of the Eaton South Wing Home Peritoneal Dialysis Unit

Please read the following brochures prior to your visit:

"Welcome to the Intermittent Peritoneal Dialysis Unit"

"Welcome to the Home Peritoneal Dialysis Unit"

The Renal Coordination Office staff gave these pamphlets to you. If you do not have a copy of the brochures please call the Home Peritoneal Dialysis Unit.

For more information
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