

After Peritoneal Dialysis Catheter Insertion

Read this resource to learn about:

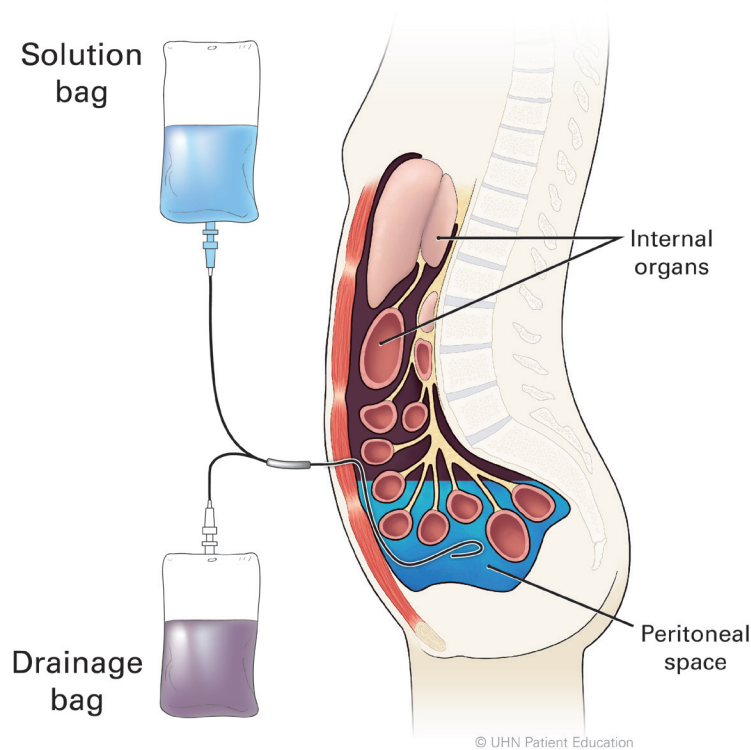
- How to take care of yourself at home
- What activities you can do
- How to care for your dressing and wound
- Coping with pain
- What to do in case of emergency



You have had an anesthetic or narcotic medicine.

- Do not drive a car or drink alcohol for 24 hours.
- Have a responsible adult stay with you overnight.





The peritoneal dialysis catheter has been put in your abdomen (belly) so that you can have your dialysis.

What can I eat and drink after my surgery?

You may go back to eating your usual meals after your surgery. A dietitian will meet with you during your home peritoneal dialysis training to talk to you about any special diet plan.

If you are vomiting or feel nausea (sick to your stomach), you can take anti-nausea medication. You can buy it from your pharmacy without a prescription. Always follow the instructions on the package. Keep drinking fluids (such as water) until the nausea stops. Then you can slowly return to eating your usual meals.

How much activity is safe?

Go home and rest today.

You will be walking within hours of your surgery, so keep taking short walks at home for the first day. For example, try walking to the bathroom, kitchen or bedroom.

For the next 4 to 6 weeks:

- Do NOT lift anything heavier than 10 lbs (5 kg).
- Do NOT try strenuous or tiring activities and exercises such as sit-ups, weight lifting, running, gardening, golfing, skiing or shoveling snow.
- Do NOT swim.

During the peritoneal dialysis training program your training nurse will give you more information about doing exercise, playing sports and returning to work.

How do I take care of my dressing (bandage)?

When you have a peritoneal dialysis catheter inserted:

- You will have a large stomach dressing (bandage). This dressing keeps the catheter in place.
- Keep this dressing on for 10 to 14 days. Then a nurse on the dialysis unit will change your dressing. **Do not try to remove the dressing on your own.**
- Always keep the dressing clean and dry.

When can I shower or bathe?

- Do not take a shower or bath until your dialysis coordinator tells you it is safe to do so.
- You can wash yourself using a sponge at the bathroom sink 5 days after your surgery.
- Do not get your dressing wet.

How do I cope with my pain?

After your surgery it is normal to have some pain. It should get better with time.

We may give you a prescription for pain before you go home from the hospital. Take the prescription to a pharmacy and have it filled before you go home. Always follow the instructions for taking the medication.

Do NOT drink alcohol while taking this medication.

After 1 day, slowly start to take less and less medication.

Unless your doctor gives you other instructions, continue taking your regular medication as you normally would.

How do I cope with constipation?

- Constipation can be a common problem for people with kidney failure. You can become constipated after your surgery, especially if you are taking medication for pain.
- We may give you a prescription for a laxative. Take this laxative if you have not had a bowel movement 2 days after your surgery.
- **Do not take other laxatives such as Milk of Magnesia or fleet enemas when you have kidney failure.**

Problems to watch for

Call your surgeon, family doctor, the Home Peritoneal Dialysis Unit, or come to the Toronto General Emergency Department if any of the problems below happen to you.

If you are from out of town, go to the nearest emergency department.

Bleeding that does not 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.

Fever

- If your temperature is above 38 °C (101 °F).

A soaking wet abdominal dressing (bandage)

- If clear fluid has leaked and soaked through your dressing.

Severe pain

- Severe pain that does not go away after you take the pain medication.

Follow-up appointments

Your follow-up appointments will be at the Toronto General Hospital Peritoneal Dialysis Program. If you do not have a follow-up appointment, call the Peritoneal Dialysis Clinic to make an appointment.

- Please bring your health card (OHIP) to all your hospital visits.
- If you were given a tube of antibiotic ointment, bring it to your first follow-up appointment

To prepare for your first follow-up visit, please read these brochures that the Renal Coordination Office staff gave you before you left the hospital:

- “Welcome to the Intermittent Peritoneal Dialysis Unit”
- “Welcome to the Home Peritoneal Dialysis Unit”

If you do not have a copy of these brochures, please call the Home Peritoneal Dialysis Unit at 416 340 5672.

Who to contact

Division of General Surgery	416 603 6220
Home Peritoneal Dialysis Unit	416 340 5672
Peritoneal Dialysis Coordinator	416 340 4800 ext. 2358

Special instructions for you

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