

# Keeping active on peritoneal dialysis

Physiotherapy Department

Information for Patients

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## Introduction

Being physically active is good for your heart, body, and mind. It is also very important for people having peritoneal dialysis (PD). When your kidneys are not working at their best, waste products that they would normally remove can build up. This can affect your muscles, making you feel weaker. You can also develop a low red blood count (anaemia). This can make you feel tired and breathless. Weakness and tiredness can make it more difficult to do everyday activities.

You may also be living with other health conditions, and have other family, work or social responsibilities which take up your time and energy. If you are also feeling weak and tired, it can be difficult to manage all of these. In these circumstances, it is very common to not do activities that feel challenging, but this may not help.

Have a look at the diagram and see if it looks familiar to you.

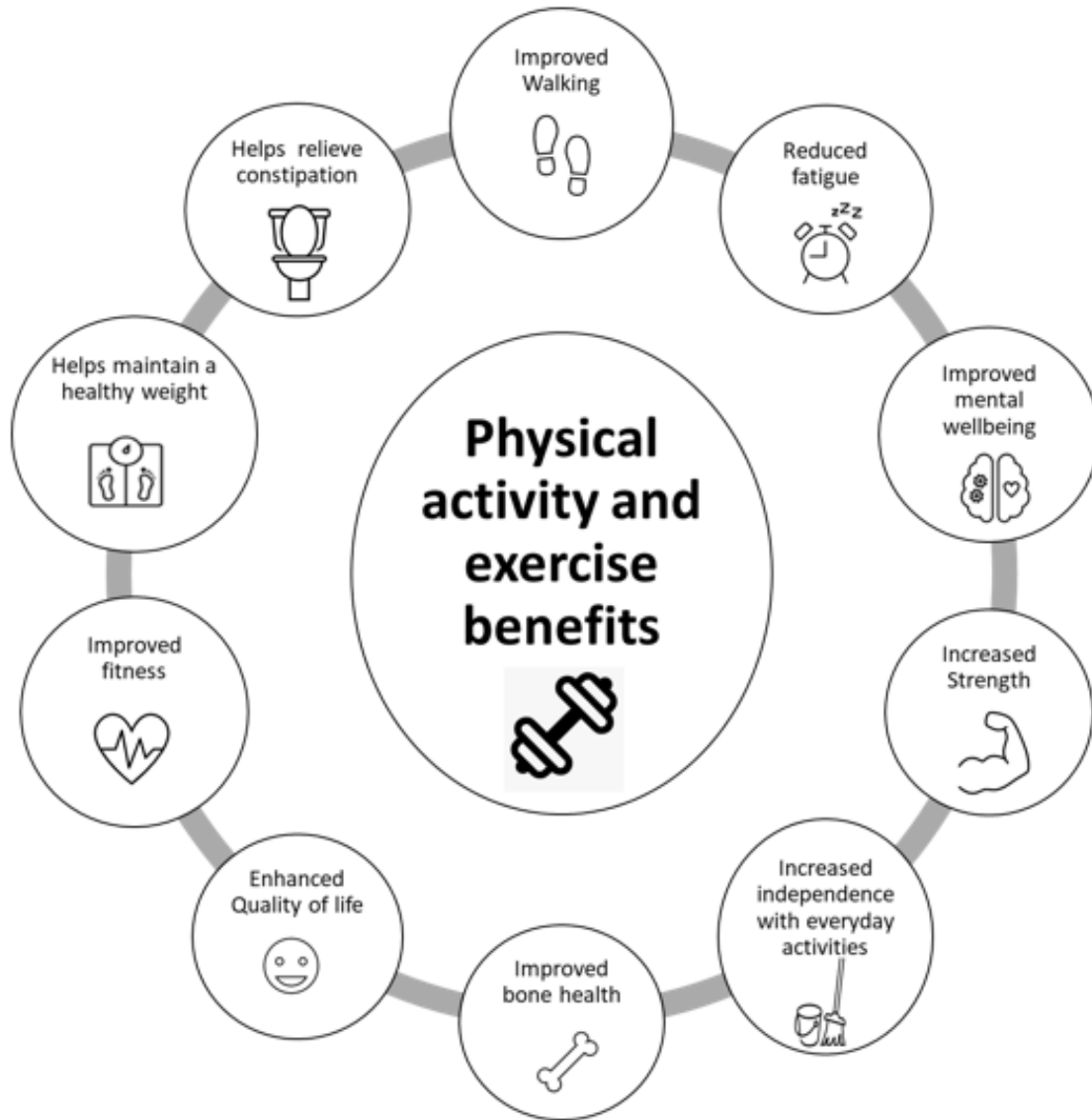
Being physically active and exercising, can help you get out of this cycle and back to doing the things that matter to you.



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or call 111 for non-emergency medical advice**

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The benefits of physical activity and exercise for people having PD are:



Regular exercise can also help to stop you developing conditions like heart disease or type 2 diabetes. Being physically active can help with managing other long-term conditions.

The aim of this booklet is to increase your confidence to exercise. Make sure you read the booklet fully before you start.

## Before starting exercise

Talk to your GP or kidney doctor first if you:

- have a history of heart problems.
- get chest pain or feel dizzy when exercising.
- have diabetes.
- are considering more strenuous physical activity, such as running or heavy weightlifting.



## Exercises to try at home

There are different exercise with different benefits. Before you start any type of exercise it is important to warm up for 5 minutes. Warming up slowly raises your heart rate and body temperature and helps to prevent injuries. When you have finished exercising, 'cooling down' will help to return your breathing and heart rate back to their usual level. A mix of gentle walking (or marching on the spot) and stretches (see later in the booklet) is a good way to warm-up and cool down. Start with 1 minute of walking, then 1 minute of stretching. Do this until you have completed 5 minutes.

## Aerobic exercise

Any activity which makes your heart beat faster and you breathe a bit deeper is aerobic exercise. This can be walking, cycling, and swimming. This type of exercise can help to increase how fast and for how long you can keep going (endurance). The NHS recommends you aim to **be active for 30 minutes on most days of the week**, and more is better.

It can be challenging to do this right away. Start slowly and progress over time. There is no need to do 30 minutes all in one go. You can do smaller chunks of activity through the day. Commitment is needed to see the benefits so keep going and be patient! As you become fitter, try, and go for longer each time until you can do 30 minutes in one go. The more you can do in one go, the greater the benefits.

## How do I know how intense the exercise is?

To get the most from your exercise programme you want to try and achieve a level which is 'moderately intense'. Using a simple scale can help you to rate how hard you are working. Whilst you are exercising, or just afterwards, think about how much effort it was. Effort is felt as breathlessness, tiredness, and muscle soreness, all of which are normal when exercising. Be as honest as possible. It is important that it is your own feeling of effort and not what others think. Base your rating on the words, but then choose a number. Use whichever numbers you want on the scale.

Effort scale										
Easy		Light		Moderate		Vigorous		Very hard		Extremely hard
1	2	3	4	5	6	7	8	9	10	
Bit more effort than watching TV	An activity you could do for hours		Breathing heavily but able to hold a short conversation			Borderline uncomfortable but you can speak a sentence	You can do it, but can only speak a few words and feel very tired		You can only do the activity for a very short time	

## Walking

Walking is one of the simplest forms of aerobic exercise. If you are not used to regular walking begin by timing what you can do. Then add a couple of minutes on each day. A brisk walk will help you get to a moderate intensity. Use the effort scale (page 3) to help you decide what moderate intensity is for you.

Remember to:



- Wear sturdy footwear.
- Walk on well-lit routes.
- Monitoring your blood sugar and go for a walk when it is most stable if you have diabetes. You may also want to take a sugary food with you.
- Carry a mobile phone.
- Tell somebody where you are going and what time you expect to be back.

Take care if your medications have recently been changed. This can affect how you feel when you exercise. If you are someone who has a history of falls, brisk walking may not be the right kind of aerobic exercise for you. Walking at your usual pace still has health benefits. Speak to your healthcare team.

Weight bearing exercise is important for bone health. This means being on your feet and adding force or jolt through your skeleton. Exercises such as swimming and cycling are non-weight-bearing low impact aerobic exercises. If you choose these, remember to also include some weight-bearing exercises like walking.

Try to limit the time you spend sitting or lying down. If you use a wheelchair or have very restricted walking, speak to your healthcare team for advice on other exercises and activities to suit your needs.

## Swimming and other water sports

There are several steps you can take to make sure your swim is safe and enjoyable. If the area where your PD tube comes out of your tummy (the exit site) has not healed, or it is infected, **do not swim** until it has healed.

Swimming in clean pools or sea water will reduce the risk of infection. Before swimming, or any water sports, cover your catheter and exit site with an activity pouch. Carry out routine exit-site care after swimming. Avoid diving as this can put tension on your PD catheter.

## Strengthening exercises

Strengthening exercise (also called resistance exercise) makes you stronger. During these exercises you use a weight or your own body weight. These types of exercises can help you do your usual activities more efficiently and easily.

## What can I use as weights and how do I choose the right weight?

You can buy a set of dumbbells or resistance bands from a sports shop. But you do not need any special equipment. Plastic milk containers filled with water work well as weights or you can use tins of baked beans or anything else that feels safe to hold. Below is a guide to the weight of different sizes of milk containers as a guide.

Milk container size	Weight
1 pint	0.6kg (1lb 5oz)
2 pints	1.2kg (2lb 10oz)
3 pints	1.8kg (3lb 13oz)
4 pints	2.4kg (5lb 4oz)
5 pints	3kg (6lb 9oz)
6 pints	3.6kg (7lb 14oz)

The right weight is one that you can lift 10 times with moderate difficulty (see page 3). By the 10th time, you should find it more difficult but not so difficult that you:

- strain,
- hold your breath,
- shake too much,
- start to have a poor posture and technique,

If you do, use a lighter weight.

## Getting the most from your strengthening exercises

Aim to do strengthening exercises **at least 2 times a week** with a rest between each session. If strength training is new to you then once a week is ok to begin with. Even a small amount will help. It is normal to feel tired and a little sore afterwards, especially if :

- you are starting an exercise program for the first time,
- have increased the amount of weight lifted,
- have increased the number of repetitions ,
- have added a new exercise to your regime.

If you have lasting pain for longer than 3 days or have chest pain, stop, and contact a health care professional.

Pick **6 to 8 different strengthening exercises** from the selection below (2 to 3 each from the arm section, leg, and core sections so you are working all areas of the body). Complete **1 to 2 sets of 10 repetitions** for each exercise. Do each exercise slowly. Tighten your tummy muscles and remember to breathe deeply throughout.

**Do not:**

- hold your breath,
- swing your body,
- or arch your back.



It can be helpful to watch yourself in a mirror to make sure you are doing the exercises correctly.

## Arm, chest, and upper back exercises

These exercises will improve your ability to do activities such as carrying the shopping and picking things up.

### Alternate shoulder press

1. Standing, or sitting in a hard backed chair, with a straight back, looking forwards, with feet should width apart and flat on the floor.
2. Hold your weights with palms facing forwards at shoulder height.
3. Slowly push 1 weight upwards until your arm is straight and above your shoulders.
4. Return to the starting position.
5. Repeat with the other arm.



**Start**



**Finish**

## One arm row

1. Stand with your feet hip width apart, sideways on to a kitchen worktop or sturdy table.
2. Lean forward at the hips, keeping your back straight. Rest the arm not being exercised on the table or supporting surface for stability.
3. Bring the weight slowly up towards the chest, keeping your elbows as close to the side of your body as possible.
4. Slowly lower the weights back to the starting position.



Start

Finish

## Biceps curl

1. Stand with your feet shoulder width apart and tighten your tummy (core) muscles.
2. Slowly bend your arms at the elbow only, raising the weight up towards your chest. Keep your elbows tucked into your sides.
3. Slowly lower the weight back to the starting position.
4. If doing both arms together feels too difficult, try doing each arm alternately.



Start



Finish

## Wall press

1. Turn to face the wall. With feet and legs together and your arms straight out in front of you take a couple of steps back.
2. Your palms should be on the wall at about shoulder-level height and shoulder-width apart, with fingers pointed toward the ceiling. Move closer if you feel you are unsteady or reaching too far.
3. Bend your elbows and lean your body toward the wall until your nose almost touches it. Make sure your back stays straight and your hips do not drop towards the wall.
4. Push back to the starting position and repeat.



**Start**

**Finish**

## Reverse fly

1. Stand, or sit in a hard-backed chair with no sides. Have your feet hip width apart and tighten your core (tummy) muscles.
2. Raise both arms straight out in front of you with a slight bend in each elbow.
3. Keeping your arms parallel to the floor, slowly move the weights out to the side, making sure to keep the bend in your elbow.
4. Slowly return to the starting position.



**Start**

**Finish**

## Lateral raise

1. Stand, or sit in a hard-backed chair with no sides. Have your feet hip-width apart and tighten your core (tummy) muscles.
2. Bend your elbows to 90 degrees and hold the weights slightly out in front of you.
3. Keeping your elbows in this position, slowly raise the weights up to the side, moving only at the shoulder.
4. Slowly return to the starting position.



Start



Finish

## Leg exercises

These exercises will help you to get up from a chair, climb the stairs and pick things up from the floor.

### Squats

1. Stand with your feet apart with your toes pointing slightly outwards.
2. Keeping your back straight and shoulders back, slowly bend down at the hips and knees, as if you are about to sit down into a chair.
3. Slowly return to the start position.
4. To make the exercise harder, then try doing this exercise holding onto a weight in both hands.

If a squat feels too difficult, or you are worried about your balance, try practicing standing and sitting from a chair in a slow and steady way, or try sliding up and down a wall.



Start



Finish

## Lunges

1. Stand with your feet shoulder width apart and tighten your core (tummy) muscles.
2. Step forwards with 1 leg, keeping balanced. If you are unsure, have a kitchen worktop or other sturdy furniture close by, and hover your hand over it, in case you need to hold on.
3. Bend both knees at the same time and stop when you reach a 90-degree angle in both. Do not rest your knee on the floor.
4. Slowly reverse the movement back to the starting position. Repeat starting with the opposite leg.
5. To make the exercise more challenging, try holding a weight in both hands.



Start

Finish

## Step ups

1. Stand in front of a bottom step. Try not to use a rail or banister, but you can have your hand close by if needed.
2. Place 1 foot on the step, followed by the other so you are standing on the step
3. Return to the starting position. Repeat the exercise with the other foot leading.



Start

Middle

Finish

## Heel raise

1. Stand with your feet shoulder-width apart and tighten your core (tummy) muscles.
2. Slowly raise your heels off the floor.
3. If you feel unsteady, have a kitchen worktop or other sturdy furniture close by, and hover your hand over it, in case you need to hold on.
4. Slowly lower your heels back to the starting position.
5. To make the exercise harder, try holding a weight in both hands.



## Core exercises

You will need to strengthen the core and the pelvic floor muscle. The core muscles are found around the midsection. This includes your back. Pelvic floor muscles in women are a group of muscles below the pelvis which in women support the bladder, vagina, womb, and rectum. In men it supports the bladder, bowel, and prostate area. PD can stretch and weaken these muscles.

Strengthening exercises help to support the lower back and prevent low back pain. They can reduce the risk of hernia. Hernia is when an internal part of the body pushes through a weakness in the muscle or surrounding tissue wall. These exercises can also reduce the risk of prolapse. This is where 1 or more organs in the pelvis slip down from their normal place.

Pelvic floor exercises are also good for controlling your bladder (continence) and sexual health for both men and women. Below are some suitable exercises to try. Avoid 'plank' type exercises, sit ups and crunches as these may increase the risk of hernia.

## Deep abdominals

1. Lie on the bed or the floor with your head on a pillow.
2. Gently place your hands on your lower tummy.
3. Take a breath in, then breathe out slowly whilst tightening your deep tummy muscles.
4. Imagine pulling your tummy away from your hands and down towards your spine. You may feel the muscle under your hand tighten, but this should be a small and gentle movement. Nothing should visibly move on the outside of your body. You are not sucking your stomach in.
5. Hold the contraction for a count of 5. Keep breathing normally throughout.



## Pelvic tilt

1. Lie on the bed or the floor with your head on a pillow.
2. Gently flatten your lower back into the bed or floor, rocking your pelvis towards your chest.
3. At the same time tighten your tummy muscles as you did for the exercise above.
4. Do not push on your legs, just tilt your pelvis, following the direction of the arrow in the picture.
5. Hold the contraction for a count of 5. Keep breathing normally throughout.



## Knee rolls

1. Lie on the bed or the floor with your head on a pillow. Your knees should be bent and your feet together.
2. Tighten your deep tummy muscles as described in the exercises before.
3. Let your knees gently roll to one side, keeping your shoulder flat on the bed. Keep your ankles together and allow your foot to lift.
4. Only go as far as comfortable then return to the centre. Repeat taking your knees to the other side. Always roll slowly and breathe normally throughout, keeping your tummy muscles tightened.



## Bridge

1. Lie on the bed or the floor with your knees bent and feet flat. Keep your knees hip width apart.
2. Gently tighten your deep tummy muscles as described in the first core exercise.
3. Flatten your lower back into the floor, tilting your pelvis. As your pelvis tilts, slowly lift your bottom off the floor as high as you feel comfortable. Keep your hips level and your knees apart, don't let them roll in or out.
4. Avoid pressing through your arms or legs.
5. Hold the bridge for 10 seconds, keeping your tummy muscles tight, slowly lower back down. Breathe normally throughout the exercise.
6. Make sure you relax your tummy muscles before repeating the exercise.



## Side bends

1. Stand with your feet shoulder width apart and tighten your core (tummy) muscles.
2. Hold a weight at the side of your body.
3. Slowly lean to one side, keeping your shoulders still.
4. Slowly bring the weight back to the starting position.



**Start**



**Finish**

## Twists or rotations

1. Stand with your feet shoulder-width apart and tighten your core (tummy) muscles.
2. Hold a weight in front of you, with the elbows at 90 degrees.
3. Slowly turn to 1 side, keeping your hips and knees facing forwards
4. Slowly return to the weight back to the starting position.



**Start**



**Finish**

## Pelvic floor

To help you find the correct muscles:

Imagine you are trying to stop yourself from passing wind, and at the same time trying to stop your flow of wee. Aim to tighten from the back passage, and “squeeze and lift’ towards the front. For men, you may feel the base of your penis move up towards your tummy slightly.

Gentle tightening of the abdomen is normal but try not to not:

- pull in your tummy muscles,
- hold your breath,
- tighten buttocks,
- squeeze your legs together.

This will help make sure you are using the right muscles.

### Long holds:

1. Squeeze your pelvic floor muscles as tightly as you can, for as long as you can. Make a note of how long you can hold for. Slowly hold for up to 10 seconds.
2. Completely release and rest for at least 4 seconds, or longer, until you feel the muscle fully release.
3. Repeat as many times as you can, or until your muscles are tired.

Make a note of how many times you can repeat the hold. Try to hold it for at least 10 seconds.

### Short squeezes:

Do short, quick squeezes fully pulling in and fully relaxing between each one. Make a note of how many you can do. Slowly go up to 10 short squeezes.

You can practice these pelvic floor exercises in a variety of positions including:

- lying down
- side lying
- sitting
- moving from sitting to standing
- standing
- walking

## Balance exercises

Good balance helps us to feel steady and can also help to prevent falls. Balance exercises are important if you are over the age of 65 years. Try to do these exercises at least 3 times a week. Practice where you have some support available. For example, at the kitchen counter or other sturdy furniture and hover your hands close by, as these exercises can make you feel wobbly. You may also wish to have someone with you for confidence to begin with.

### Standing one leg

1. Stand on 1 leg.
2. Try to keep your balance for 10 seconds, slowly build up the time you can do this.
3. Repeat the exercise on the other foot.



## Side to side weight transfer

1. Stand with your feet shoulder width apart and flat on the floor.
2. Shift your weight onto 1 foot and lean as far as you comfortably can without losing your balance. Keep your feet flat on the floor.
3. Hold for 10 seconds.
4. Do not bend at the waist, remember to keep your back straight.
5. Repeat by leaning over to the other side.



## Tandem standing

1. Put the heel of 1 foot directly in front of the toe of the other.
2. Try to maintain your balance for 10 seconds, slowly build up the time you can do this.
3. Repeat the exercise with the other foot in front.



## Stretches

Stretches increase your flexibility and help us to move more easily. Stretching before and after exercising as part of a warmup and cool down also helps to prevent injury. Repeat each stretch **5 times**. Always hold the stretch and avoid 'bouncing'.

### Front of the thigh (quadriceps) stretch

1. Stand on one leg, one knee touching the other. Hold the kitchen worktop or other sturdy furniture to steady yourself if needed.
2. Take hold of your foot and gently pull it towards your bottom. Push your chest up and hips forward. You should feel the stretch down the front of your thigh.
3. Hold the stretch for 20 seconds and repeat on the other side.



### Back of the thigh (hamstring) stretch

1. Sit in a sturdy, hard backed chair.
2. Stretch 1 leg out in front of you, pulling your toes up towards you.
3. Keep your knee straight and gently lean forwards. You should feel a stretch down the back of your thigh.
4. Hold the stretch for 20 seconds and repeat on the other side.



### Back of the lower leg (calf) stretch

1. Holding on to a sturdy chair or kitchen worktop.
2. Place the leg to be stretched out behind you and bend the front leg.
3. Keeping your back heel on the floor, lean forward until you feel a stretch in the back leg.
4. Hold for 20 seconds and then repeat on the other side.



### Back of the arm (triceps) stretch

1. Stand or sit in a sturdy hard backed chair with your back straight and your feet shoulder width apart.
2. Bring the arm to be stretched straight up, then bend your elbow so your hand is reaching down your back.
3. Hold just above or below your elbow with your other hand, and gently pull toward your head. You should feel a stretch along the back of your arm.
4. Hold for 20 seconds and then repeat on the other side.



### Back stretch

1. Sit in a sturdy, hard backed chair.
2. Lock your fingers together and stretch your arms out in front of you.
3. Hold for 20 seconds and then slowly release.



### Chest stretch

1. Sit in a sturdy, hard backed chair.
2. Lock your fingers together behind you and stretch your arms out so your elbows are straight.
3. Slowly lift your arms up until you feel a stretch across your chest.
4. Hold for 20 seconds and then slowly release.



## Other exercise tips

When you are doing moderate physical activity, you may wish to make sure your PD catheter is held in place with tape for comfort and to prevent rubbing.

PD belts are also available to buy which may make exercising more comfortable. If you get sweaty, make sure that you shower and clean the PD exit site shortly after exercise to limit the risk of infection.

## All movement is helps

Making small changes to your habits is the easiest way to become more active, for example:

- Taking the stairs instead of the lift or escalator.
- Parking further away at the supermarket and walking to the entrance.
- Marching on the spot hourly if you spend a long time sitting at work or at home.








Find something active that you enjoy doing. This could include walking the dog, playing with grandchildren, dancing, cycling instead of driving short distances, or taking up an active hobby like gardening.

If a regular strength exercise routine is challenging, there are lots of ways that you can fit the strength exercises into your daily routine. Here are some suggestions using the exercises above:

- Do a couple of extra stands before getting up from your chair.
- Add a few extra step ups when you are at the bottom of the stairs about to make your way up.
- If you are sitting for long periods at home or at work, break this up with some heel raises or squats. Moving at least every hour is important for health.
- Practice your squats, lunges or balance exercises whilst doing everyday activities like brushing your teeth or waiting for the kettle to boil.

## How do I progress in my exercises?

There are lots of different ways you can progress your exercise. How you choose to progress your exercise will depend upon the types of exercise you are doing and your current levels of exercise. You are ready to progress your exercise when it feels easier than a moderate intensity or effort.

-  Increase the time spent exercising
-  Increase the number of days you are active
-  Increase the intensity
-  Change your weight to make it slightly heavier
-  Change your resistance band or fold it in half
-  Reduce your rest periods between exercises
-  Increase your repetitions by adding on a couple more

## Setting goals to stay motivated

Setting yourself small goals can help you get to where you want to be and keep you motivated. Each person's goal will be different depending on your starting point and what you want to get from being more active.

When setting goals, it is important to remember to be S.M.A.R.T.

**SMART stands for: Specific, Measurable, Achievable, Realistic, Time-based.**

**S is for specific:** your goal needs to be clear.

**M is for measurable:** you need to make sure that your goal can be measured.

**A is for achievable:** Make sure your goals are challenging, but also do-able.

**R is for realistic and relevant:** be realistic and set a goal relevant to your abilities, needs and interests.

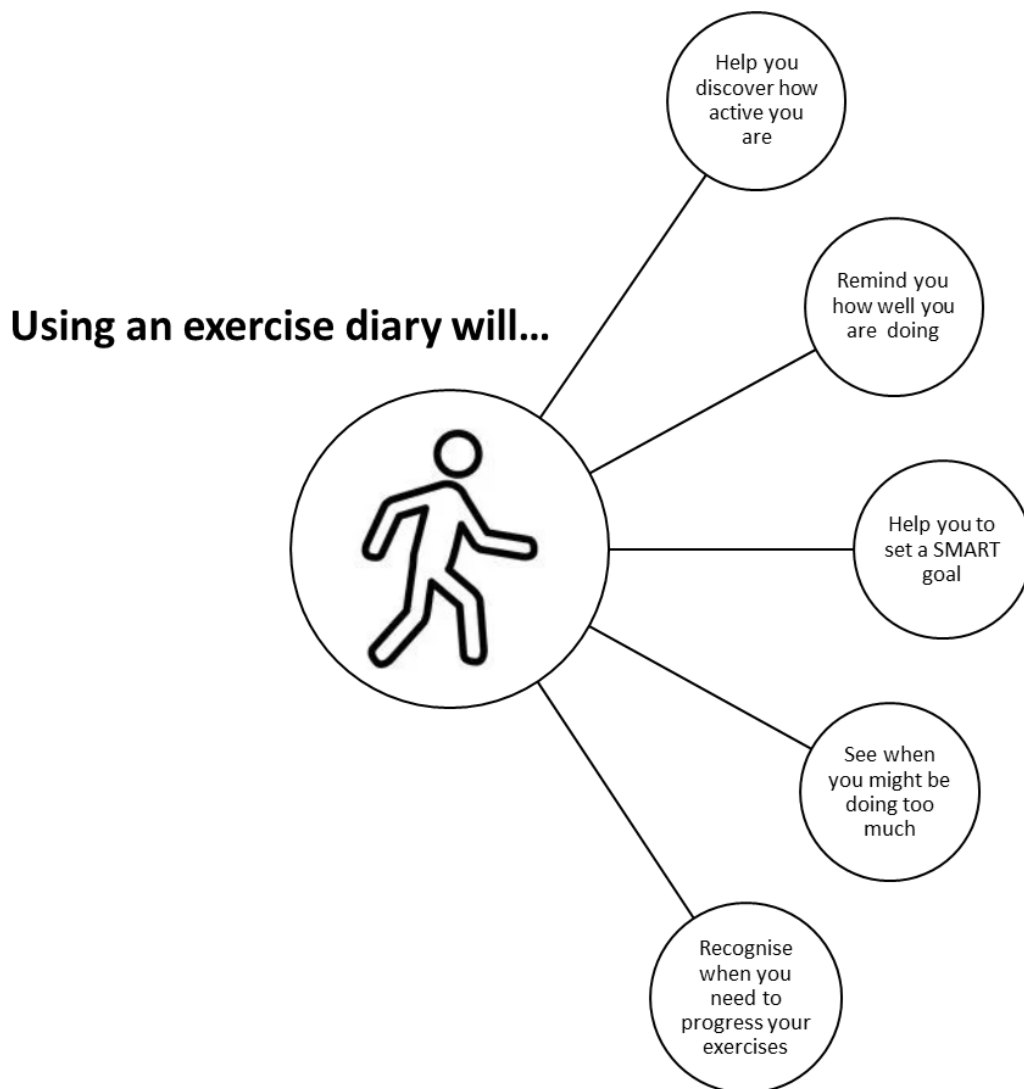
**T is for time-based:** set a specific deadline for reaching your goal.

If you want to see an example of a SMART goal, and to set one for yourself, you can use the goal setting sheet at the back on this booklet as a guide.

## Recording your activity

Recording your activity can help you to become, and stay, more active. At the back of this book is an activity diary to help you record your activity. You can use it to record:

- how often you are physically active.
- how long you spend doing physical activity.
- how hard you are working (the effort level).
- what type of physical activity you are doing (aerobic, strength).
- how it makes you feel.



## Exercising around PD exchanges

For activities like walking, hiking, and jogging PD fluid does not need to be drained beforehand, however exercising whilst 'dry' can feel more comfortable. It can also help improve your ability to exercise and reduce the risk of muscle strains. For more activities such as weightlifting or high impact exercises (like jumping and running) drain your PD fluid first.

## Exercising with a hernia

A hernia is where an internal part of the body pushes through a weakness in the muscle or surrounding tissue wall. People who are having PD treatment are at an increased risk of getting a hernia because the dialysis fluid can increase the pressure in the tummy. Hernia can also be more common in people who have had a transplant or other tummy surgery before. If you have a hernia, avoid doing resistance exercises with weights and abdominal exercises until your hernia has been repaired. Continuing to do aerobic exercise is still very important if you have a hernia. Keeping active through exercises such as walking, and cycling can help you to stay well and can make it easier to recover if you do have hernia repair surgery. Once your hernia has been repaired, speak to your medical team before doing resistance exercise.

## Posture, lifting, moving, and handling

There is no single correct posture, posture will vary from person to person naturally, can be affected by our mood and may change as we get older. Sitting in one position for more than 30 minutes is not 'bad' for our posture, although changing position regularly can help with comfort, particularly if your back feels stiff.

Lifting and moving things are common everyday tasks. There is also no 'right' or 'wrong' way to lift an object. Our backs are very strong and reliable and can lift and moving objects in a variety of postures. Bending and lifting are often seen as causes of back pain and while an injury can occur if something is picked up in an awkward or unaccustomed way, it is most likely to just be a sprain or strain. We all run differently, and it is perfectly normal for us to find our own way of lifting. If you are receiving PD avoid lifting heavy objects (more than 10kg). Heavy lifting may increase the risk of developing a hernia, because of an increase the pressure in your tummy.

## Sports

Taking up sports and new activities can be fun. Before you take up a new sport, or return to an old one, speak to your medical team, particularly if you have other medical conditions or have been injured in the past. Contact sports, such as rugby, are not recommended because of the risk of damaging your PD catheter. If your intended sport involves frequent bending, squatting, or lifting, it may be more comfortable to do this 'dry'. Peritoneal dialysis belts are also available to buy which may make taking part in sports more comfortable. If your fluid becomes pink or red tinged following sports or you injure your exit site, stop, and discuss this with your home care team.



## Goal setting sheet

Use this goal setting sheet to set your own SMART goals for becoming more active. Aim to set just one or two goals to increase your chances of success

Goal number	S	M	A	R	T	Tick when achieved	Notes and comments
	Specific	Measurable	Achievable	Realistic	Timed		
	E.g. "I want to be able to walk for half an hour without stopping within the next month, because if I can walk for longer I will be able to go out with my family."					completed at the end of January!	"It was hard work but I feel pleased that I kept going despite a couple of setbacks"
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							miro

## Activity diary

Use this diary to help you keep a record of your activity and to track your progress.

Day	Activity	Time/ amount	Effort/ intensity	Notes and comments
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				miro



Please use this space to make notes to talk about with your healthcare team:



For more advice please contact the physiotherapy department on:

**0300 303 1573**

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔  
على هذه المعلومات بلغةٍ أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل  
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો  
ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।  
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Previous reference:

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