

Peritoneal dialysis catheter - aftercare following medical or surgical insertion

Renal Department
Information for Patients

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Introduction

You now have a peritoneal dialysis catheter, or 'tube' in your tummy (abdomen). The place where the tube comes out from the abdomen is called the 'exit site'. This leaflet will help you look after the tube working, help it heal and stop infections.

Dressing change

Before you start your peritoneal dialysis training, the dressing on your exit site should be changed once a week.

The first dressing change will often be done at home by your nurse from the renal community team.

At your first dressing change your dialysis catheter will be flushed using a small amount of dialysis fluid. The tube is flushed 1 week after insertion and weekly before training to reduce the risk of it becoming blocked. Any other dressing changes will be planned to meet your needs.

What do I need to do for the first 4 weeks?

It is very important to keep the exit site dry for 4 weeks after the operation. This helps the skin heal and grow around the tube, making a water-tight seal at the exit site.

Please do not shower, have deep baths or go swimming for the first 4 weeks. You can have shallow baths that do not soak the dressing. If the exit site dressing does get wet or fall off it will need replacing with a new dressing (often Cosmopore or Mepore). You will be supplied with 3 dressings when you leave hospital. We will show you how to put on the dressing.

Signs of infection

Your exit site can become infected. Signs of infections are:

- Yellow or green fluid on the exit site dressing,
- Redness around the exit site,
- Pain and discomfort around the exit site,
- The area around the exit site feels hot to touch,
- Fever,

If you have any of the above signs or symptoms, or if you become worried about anything related to your tube or exit site, please contact a nurse for advice using the numbers on page 3. It is very rare for the exit site to bleed. If you notice fresh blood soaking into the dressing please contact a nurse for advice.

Laxatives

To keep the tube working, you must not become constipated. You should have been given some laxatives at your pre assessment visit. You are likely to need them for as long as you are on peritoneal dialysis.

If you run out of laxatives, please ask your GP or your nurse from the renal community team. A letter will be sent to your GP to update your prescription records.

Sedation

We may have given you a sedative injection. In kidney disease it can stay in your body for up to 24 hours (1 day).

When sedation has been given:

For 12 hours: You should be accompanied by a responsible adult.

For 24 hours (1 day) do not:

- **Do not** drive a car or ride a bike.
- **Do not** drink alcohol.
- **Do not** operate any machinery or do anything requiring skill or judgment.
- **Do not** make important decisions or sign any documents.
- **Do not** climb ladders.

Useful support contacts

Kidney Care UK

0142 054 1424

Email: info@kidneycareuk.org

Website: kidneycareuk.org

The National Kidney Federation

0190 9544 999

Helpline: **0800 1690 936**

The Point

Website: www.kidney.org.uk

Coach Road

Shireoaks

Worksop

Notts S81 8BW

Contact details:

Renal community nurses: (Monday to Friday, 08:30am to 4:30pm)

- Leicester: **0116 258 4120**
- Peterborough: **01733961700 (option 6)**
- Northampton: **0160 484 4586**
- Lincoln: **0152 257 2321**

or

- Renal planned care hub, Leicester General Hospital: **0116 258 8044**

Evenings/overnight/weekends/bank holidays:

- Glenfield Hospital, ward 27: **0116 258 8082**
- Glenfield Hospital, ward 30: **0116 258 4127**

Health information and support is available at www.nhs.uk or call 111 for non-emergency medical advice

Visit www.uhleicester.nhs.uk for maps and information about visiting Leicester's Hospitals.

To give feedback about this information sheet, contact uhl-tr.informationforpatientsmailbox@nhs.net

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸے دوسرے ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।
إذا كنت ترغب في الحصول على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો.

If you would like this information in another language or format such as EasyRead
or Braille, please telephone 0116 250 2959 or email uhl-tr.equalitymailbox@nhs.net

We are a research hospital and you may be asked to take part in research

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