

## Renal Services

# Everything I need to know about going home following a PD catheter insertion

### Introduction

This information tells you about what will happen when you go home from hospital following insertion of your PD catheter.

**PD** stands for **Peritoneal Dialysis**. This is a method of removing waste products and excess water from your blood when your kidneys are no longer able to perform these functions themselves.

To have this type of dialysis it is necessary to have a soft flexible tube called a catheter inserted into the abdomen. The catheter is left in place for as long as you are having PD treatment.

### When can I go home?

Most people go home about 8 hours after having the PD catheter inserted providing they are eating and drinking normally, have moved their bowels and passed urine.

The PD nurses will give you a date to come back to have the catheter flushed and your wound checked, usually five to seven days after the operation. Please do not leave the hospital until the PD nurses have spoken to you. Please do not remove any of your dressings until you are seen in the PD department. If you have any issues with dressings and think that they need to be renewed, then phone the department and we



## Patient Information

can arrange to do this.

You will be sent home with laxative medicine. It is important to take this regularly to ensure that the catheter does not become displaced or blocked. Having a bowel movement two or three times a day is normal at this stage. If you are concerned that the laxatives are too strong for you please telephone the PD nurses for advice.

You will be asked not to bath or shower until your wounds have healed fully, usually about two weeks or more if you are diabetic. The PD nurses will let you know when it is safe to shower.

You are advised not to drive following the procedure. This is likely to be for at least two weeks but you should check with your surgeon as to how long they recommend that you don't drive for.

### **When will I begin to use the catheter to dialyse?**

The PD catheter can be used for dialysis once the abdominal wounds have healed fully; this is usually 14 days after the operation.

Healing can be delayed by the following:

- If you are diabetic
- If you have been on long term steroid medication

The PD nurses will check how well you are healing five to seven days after the operation. They will also test the catheter to see if it is working and take a blood test to monitor the level of waste in your blood.

If your wounds are healing well and the catheter is working you will be given a date to attend the PD department to learn how to perform PD at home.

This is known as PD training week.

If your wounds are slower to heal, your training will be postponed. The PD nurses will continue to monitor your wounds and blood waste levels until you are ready to start your PD training.

## Patient Information

If you had a hernia repair at the same time as having your PD catheter inserted, your PD cannot be used for dialysis for six weeks. This is to allow the deeper tissues involved with the hernia repair to heal and strengthen. You will be given weekly appointments with the PD nurses to have the catheter flushed, your wounds checked and a blood test to monitor the waste levels.

### **When will my dialysis fluid be delivered?**

The dialysis fluid and equipment is delivered to your home the week after your catheter has been inserted. You will be telephoned to confirm the delivery date.

### **Where do I have to go for PD training?**

PD training takes place in the CAPD department, located at University Hospitals Coventry and Warwickshire (Walsgrave site) fifth floor, east wing, opposite the entrance to Ward 50.

### **How long will it take to learn to perform my CAPD exchanges?**

It is essential that both the training nurse and you the patient are confident that you can manage your PD safely. Most people are ready to perform their PD unsupervised at home after five days of training. A longer period of training will be provided should you need it.

When you are fully trained and performing your PD at home the PD nurses are available for telephone advice and support. Please do make use of this, as often a small problem can be resolved over the phone to prevent a more serious problem developing.

## Looking after your catheter

### Do's and Don'ts

#### Do not:

- **Have a bath:** dirty bath water puts you at risk of infection in the area where the catheter leaves your stomach (exit site).
- **Have a shower until the exit site has healed:** the PD Nurses will tell you when you can, usually after 3–4 weeks.
- **Take off your exit site dressing while the area is healing:** this increases your risk of an exit site infection and slows down how quickly the skin holding the catheter in places heals.
- **Let anyone, other than trained PD staff, take off your dressing:** this includes non-PD hospital doctors, GPs, nurses and members of your family.
- **Lift anything heavier than a small bag of groceries for six weeks:** lifting heavy objects puts pressure on your abdomen.
- **Drive for one week:** driving puts pressure on your abdomen.

#### Do:

- Expect some oozing of blood or fluid to seep through the dressing. If this happens, put a new dressing on top of the old dressing using extra pads we have given you. You need to get help straight away if you cannot control the leaking from the exit site. Go to PD opposite Ward 50 or call our contact number: 024 7696 8308.
- Keep your appointments with the clinic - these are usually weekly, until you are established (trained) on PD.
- Take your prescribed laxatives! **If you have constipation your tube will not work.**
- Take painkillers if needed. Your exit site will be tender for some time.

## Patient Information

### Contact details

**PD nurses:** 024 7696 8308 (7.30am – **8.00pm**)

**Ward 50:** 024 7696 8257 / 8 (8.00pm to 7.30am)

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 8308 and we will do our best to meet your needs.

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#### Document History

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