

# St George Hospital

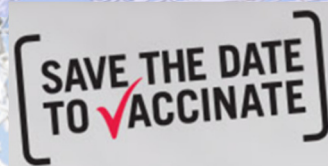
## Peritoneal Dialysis Newsletter

Issue 1

2018

"People don't notice whether it's winter or summer when they're happy." ~ Anton Chekhov

Hey, winter is nearly here which means flu season is on your doorstep. Make sure you get your flu shots soon!



This issue provides some strategies on how to keep yourself infection-free and how to maintain your drainage bucket. There is also an important message from your dietitian. Your most common questions around catheter dressing will be answered. All interesting ideas and questions you raised will be addressed in the next newsletters — thank you and please keep them coming!

Stay warm, eat well and be active this winter!

Best wishes,

Claire, Maria, Emma, Fiona and Vicki

**Reminder!**

Contact us



02 9113 3770

St George Hospital  
Renal Care Centre  
9 South St. Kogarah  
Monday-Friday

1. Call Baxter Technical Support on 1800 063 093 for any complaints or technical issues with the Claria or Homechoice PD machine
2. Make sure you have enough dialysis and dressing stock including back-up stock
3. Bring your PD record book to every renal clinic appointment
4. Call the PD unit for an appointment before you visit to avoid waiting
5. And most important of all, present yourself to the PD unit immediately if you contaminated your PD catheter or have cloudy drain fluid during office hours or to the emergency department after-hours.



## Bleach, Bucket & Drain

1. Always check the clarity & colour of your drain fluid after dialysis
2. Do not lift the drain bucket when full, use a trolley to wheel to the bathroom for emptying
3. Was the drain bucket with soap and water after every use
4. Use bleach to disinfect the drain bucket weekly

## Frequently Asked Questions

**Question:** How often do I change catheter dressings?

**Answer:** Everyday or every after shower.

**Question:** If I do not shower, do I need to change the catheter dressing?

**Answer:** Yes. Whether you shower or not, your catheter care and dressing must be done everyday to avoid infection.

## A message from your dietitian

from Dr Maria Chan

Do you remember the key nutrition messages for peritoneal dialysis? Have you been eating well according to plan?

**Protein** — You need to follow a **high protein** diet every day

**Energy** — Eat the right amount of **energy** (calories) to keep you strong and fit

**Fat** — Choose the good fats such as **monounsaturated** and **polyunsaturated fats**. Eat less saturated fats.

**Sodium** — Eat less **salt** and **salty foods** to control blood pressure, thirst and fluids

**Potassium** — Eat the right amount of **potassium** to keep to a good blood potassium level.

**Fluid** — Limit your **fluid** intake to control blood pressure and swelling.

**Vitamins** — Only take **vitamin** supplements or tablets as prescribed by your doctor - use no more and no less

**Phosphorous** — Limit food high in **phosphorus** to help keep your bones strong. Always take your **phosphate binder** with food and snacks.

**Dietary Fibre** — Eat more **high fibre** foods to help keep your bowels regular and prevent high fat levels in your blood.

**Weight** — Eat well to build up muscle weight. Drink less fluid to avoid fluid build-up.

**Exercise** — Include regular exercise to help keep you well and fit.

If you have any questions for the dietitian, please call 91132752

