

# St George Hospital

## Peritoneal Dialysis Newsletter

Issue 2

2017

*“Rest is not idleness, and to lie sometimes on the grass under trees on a summer's day, listening to the murmur of the water, or watching the clouds float across the sky, is by no means a waste of time” — John Lubbock*

*Best wishes for a very Merry Christmas  
and  
A very happy and successful 2018!*

Warm regards,  
Claire, Maria, Emma, Fiona and Vicki

### Baxter and the PD unit are closed during public holiday

SGH PD unit's Christmas closures are:

25th December 2017, Monday  
26th December 2017, Tuesday  
29th December 2017, Friday  
01st January 2018, Monday

Baxter's Christmas closures are:

25th December 2017, Monday  
26th December 2017, Tuesday  
1st January 2018, Monday

#### Important Notice

The PD unit will have reduced staffing on 27th and 28th December. If you need to come to the PD unit, please ring for an appointment before you visit to avoid long waits. Also, in the event you are unwell or have contaminated your PD catheter or have cloudy drain fluid, please present yourself immediately to the emergency department. Thank you for your cooperation!

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 especially during the Christmas and New Year holiday
3. Have your routine blood tests completed before the end of 2017
4. Bring your PD record book to every renal clinic appointment

**Reminder!**



## Happy and Healthy Christmas Eating Tips

Here are some tips to help you enjoy your meals and drinks during the festive season:

1. Eat and drink in moderation!
2. Keep within your fluid restriction. Remember that gelatines and gravy count as fluid.
3. Limit salt and salty foods as these may make you more thirsty
4. Don't forget to take your phosphate binders with meals and snacks
5. Some Christmas treats are very high in potassium and phosphate. Please avoid:

\*Liquorice, nuts, potato chips & crisps

\*Dried fruit such as raisins, sultanas and dates

\*All fruit juices, punch made with juice

\*Fruit cake, Christmas pudding, fruit mince tarts and chocolates

Hopefully these suggestions will help you avoid dietary issues such as fluid overload, itchiness and high blood potassium.

### PD update

- ❁ The PDOPPS study is closing at the end of this year. Big thanks to all of you who participated in this important global research to advance our understanding of the best PD practices worldwide. We will keep you updated once we know the outcome of this study.
- ❁ Most of you who were using Homechoice dialysis machine have been converted to the new Claria PD machine with the SHARESOURCE connectivity. This new PD technology from Baxter provides PD nurses with the ability to review your dialysis results and modify your dialysis program remotely. However, a new technology may provide some new challenges, please report all issues to **Baxter Technical Support ph 1800 063 093**, they can provide assistance 24 hours a day, 7 days a week.



Contact us



**02 9113 3770**

**St George Hospital  
Renal Care Centre  
9 South St. Kogarah  
Monday-Friday  
7:30am—4:00pm**