

St George Hospital

Peritoneal Dialysis Newsletter

Issue 1

2019

“No winter lasts forever, no spring skips its turn” ~ Hal Borland

It's winter again... with that comes the inevitable dawning of cold and flu season. It's important to protect ourselves with lots of warm fuzzy knits, puffy jackets and flu vaccine.

There has been many changes over the past few months in the PD unit. We welcome all the new members to our peritoneal dialysis community! We welcome Bec as a new PD nurse. She will provide cover for when one of the PD nurses are away. She is from 4South and brings with her a lot of experience and knowledge in caring for kidney patients. We said goodbye to Vicki & wished her the very best as she ventured into her new role in the patient discharge unit.

Thank you for all the ideas and suggestions to keep this newsletter interesting. All suggestions will be covered throughout the year. Lastly, thank you for staying in touch and keeping yourselves safe and well.

Best regards,
Claire, Maria, Emma and Fiona



We Care...

We care that you are our patient

We care that you dialyse everyday

We care that you listen to our advice

We care that you come to all renal appointments

We care that you are well

We care about YOU!



1. If you are on antibiotic treatment, make sure you are also on **Nilstat drops or tablets** to prevent PD – related fungal infection. Call the PD nurses for more information.
2. Call Baxter Technical Support on 1800 063 093 for any complaints or technical issues with the Claria or Homechoice PD machine
3. Bring your PD record book to every renal clinic appointment
4. Make sure you have enough dialysis and dressing stock including back-up stock
5. Call the PD unit for an appointment before you visit to avoid long waits
6. Please 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

“Fresh is Best”

Fresh fruit and vegetables not only are delicious, but also very healthy for everyone, in particular, people on peritoneal dialysis (PD).

Health experts recommend 2 fruit and 5 vegetables a day to get the benefits from these food.

Fruit and vegetables provide you with important vitamins (e.g. vitamin C and folates that are lost during PD) and minerals (e.g. iron in green leafy vegetables), antioxidants and dietary fibre, both soluble and insoluble fibre. Soluble fibre is known to improve heart health, lower blood cholesterol and control blood sugar (in people with diabetes); whereas insoluble fibre helps to improve bowel health and reduce constipation. Constipation can cause abdominal discomfort, it is also one of the reasons causing poor PD efficiency, poor drainage, and may relate to catheter dysfunction and/or positioning problems, as well as high risk of developing peritonitis. All these reduce quality of life in individuals. In addition, wholemeal and whole grain products, e.g. bread, cereals (oats), pasta and rice are good sources of dietary fibre.

Blood potassium is usually under good control with PD, so enjoy a variety of fruit and vegetables every day. If a low potassium diet is needed in some individuals, there are many suitable choices that you can enjoy too, just simply ask your dietitian for your individual needs.



Eat like a rainbow!

Eat like a rainbow!

Contact us



02 9113 3770

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

You never forget the flu – so don't forget your flu shot...

It is never too late to vaccinate!

Be a flu superhero!



Do good;
Wash your hands!

Reset your clocks

When you adjust your clocks at home for daylight savings, remember to also reset your PD machine clock.

For Claria machine, please refer to section 9.2.4 of Patient At-Home Guide.

For Homechoice machine, please refer to section 6.2 of Patient At-Home Guide.

