

St George Hospital

Peritoneal Dialysis Newsletter

Christmas Issue

2023

“Christmas gives us the opportunity to pause and reflect on the important things around us.” ~ David Cameron

Christmas and New Year are around the corner... What a year it has been! We hope this year has been good to you and your loved ones. This newsletter will provide you some important reminders to prepare you and to keep you well for the festive season. Starting with a reminder to please check and ensure you have enough dressing and dialysis supplies as the PD unit and Baxter will be closed on all public holidays. Also, the PD unit will have less PD nurse on duty on other days for 2 weeks around Christmas and new year holidays:

- PD unit will be open on 27—28 December 2023 with 1 PD nurse only
- PD unit will be open on 2—5 January 2024 with 1 PD nurse only
- PD unit will resume usual services and support from 8 January 2024
- Full PD service, training and staffing will resume on 10 January 2024
- Baxter will be open on 27—29 December 2023 and 2—5 January 2024
- Baxter will resume usual services and support from 8 January 2024

We would like to take this opportunity to wish you and your family a happy, jolly and safe holiday!

Cheers, Claire, Emma, Fiona and Maria

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



Contact us
02 9113 3770



A little more sparkle,
a little less stress.

This Christmas, I wish
you the very best.

Reminder!

1. Please consider having a repeat COVID vaccine dose if your last dose was 6 months ago.
2. If you must come in to a hospital, please present to a hospital with a PD service like St George Public Hospital, to prevent treatment delays or errors and to avoid PD catheter contamination.
3. For PD catheter contamination or issues, please present to St George Public Hospital immediately.

Swimming for most PD patients is permitted, provided you can protect your PD catheter and exit site by:

1. **Covering and securing all of your PD catheter with plastic dressing and tape.**
2. **Limit your swim to 1 hour.**
3. **Swim only in treated private swimming pools and open beaches.**
4. **Avoid swimming in public swimming pools/spas, crowded beaches and freshwater lakes or lagoons**
5. **Avoid swimming after severe storms.**



Please take extra care and precautions to protect your PD catheter and exit site during summer:

1. Shower as often as needed
2. Change your PDC exit site dressing after every shower or whenever it is wet from sweat
3. Pat dry the exit site with gauze squares only (Do not use paper towel or tissue paper on your exit site!)
4. Ensure your exit site and the dressing are always clean and dry

For any changes or concerns regarding your exit site, contact the PD nurses immediately during business hours or 4 South renal ward after—hours or during public holidays and weekends.

Healthy Eating Tips for the Holidays

Here are some tips to help you enjoy your Christmas and New Year feasts and drinks:

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 can make you more thirsty. Suck on ice when thirsty.
4. Always take your phosphate binders with meals and snacks.
5. Avoid or limit the Christmas treats with very high potassium and phosphate:

*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

If followed, these suggestions are guaranteed to keep you well and help you avoid dietary issues such as fluid overload, itchiness and high blood potassium.