

# St George Hospital

## Peritoneal Dialysis Newsletter

Issue 1

2024

*Spring: A lovely reminder of how beautiful change can truly be*

**Welcome to the Spring edition of our newsletter! As we welcome warmer weather and longer days, this season of renewal offers a perfect opportunity to focus on you health and well-being.**

**In this issue, you will find helpful tips for managing your 3 D's: Dialysis, Diet and Dressing your PD catheter as the weather warms up. You will also receive important information on how to maintain regular bowel habits that is essential for good PD catheter flow.**

**As always, we are here to support you. Our dedicated team is just a call away. Wishing you all a joyful and vibrant spring!**

**Cheers, Claire, Emma, Fiona and Maria**

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



**Contact us  
02 9113 3770**

### Important Reminders

- ❁ Please consider having a repeat COVID vaccine dose if your last dose was 6 months ago.
- ❁ For PD catheter contamination or issues, please present to St George Public Hospital immediately.

### Diet and Fluid for Spring

**As warmer weather approaches, it is essential to adjust your diet and fluid intake to keep you well:**

- 1. Hygiene:** always wash your hands before handling your PD catheter.
  - 2. Cleanliness:** shower daily and change your exit site dressing immediately after shower.
  - 3. Monitor regularly:** check the exit site daily. Any concern, report to the PD nurses immediately.
  - 4. Dry & Change:** Change the exit site dressing whenever it gets wet by cleaning with antiseptic swab and pat dry with gauze squares.
  - 5. Secure your PDC** with tape to prevent tension and pulling
- 1. Eat fresh:** add seasonal fruits and vegies to your diet, as advised by the dietitian.
  - 2. Limit salt:** eat less salty food, choose fresh, whole foods and avoid processed items.
  - 3. Adequate Protein:** ensure sufficient protein intake from high-quality protein, as advised by the dietitian.
  - 4. Stay Hydrated but Monitor Intake:** Drink enough fluid to stay comfortable whilst adhering to your daily fluid restriction
  - 5. Cool down with Ice Chips:** Sucking on ice chips can help satisfy thirst and keep you cool without exceeding your daily fluid limit/restriction.

## Managing Constipation for a Better PD

Constipation is a common concern, it can lead to several complications that affect your dialysis treatment. Here's what you need to know:

### Complications of Constipation:

1. **Reduced Catheter Flow:** Constipation can increase intra-abdominal pressure, potentially compressing the PD catheter, reducing the flow of dialysis fluid. Poor flowing PD catheter can lead to slow/poor drainage of dialysis fluid, low drain alarms and inadequate dialysis.
2. **Distention, Discomfort and Pain:** Constipation can cause abdominal discomfort, distention/bloating, cramping and pain, impacting your overall well-being. These can interfere with your daily activities.
3. **Increased Risk of Infection/Peritonitis:** Constipation can lead to an imbalance of gut bacteria, which may increase the likelihood of bacteria entering the peritoneal cavity resulting in peritonitis. Peritonitis is a serious infection that can make you unwell and requires antibiotic treatment in the hospital.

### Strategies to Prevent Constipation:

1. **Increase Fiber Intake:** Incorporate high-fiber foods such as fruits, vegetables, whole grains, and legumes into your diet. Fiber adds bulk to your stool and promotes regular bowel movements. Please follow the dietitian's recommendations. You may also consider taking Benefiber.
2. **Establish a Routine:** Set aside time for regular bowel movements each day, and try to relax during this time. Consistency can encourage your digestive system to function more effectively, making it easier to maintain regular bowel habits.
3. **Regular Physical Activity:** Engage in light exercises, as tolerated. Physical activity stimulates bowel function and promote regularity.
4. **Monitor Your Medications:** Discuss with your doctor if any of your medications are causing constipation. Your doctor may recommend alternative medications or may consider adding laxatives to help make bowel movements easier and more regular.

By proactively managing constipation through these strategies, you can improve your comfort and the effectiveness of your peritoneal dialysis treatment. If you have any concerns or need personalized advice, please reach out to your nephrologist and/or PD nurses.