

## Do You Need a Helper?

Many patients choose peritoneal dialysis (PD) to maintain independence and manage their own treatment. Before deciding on PD, your needs will be discussed at the Chronic Kidney Disease (CKD) clinic and during the Pre-PD assessment and education session with the PD nurse.

If you need assistance, your helper can be trained to support you during dialysis or stay with you throughout your training. Even if you don't need a helper, it is recommended to nominate a close family member — preferably someone who lives with you — to attend PD training as backup support.

Partners, family members, and close friends are welcome to visit you during training.

## Storage and Waste

PD fluid boxes are delivered monthly and should be stored in a clean, cool, dry, pest-free and pet-free — away from direct sunlight.

You will also have extra waste to dispose of. Contact your local council to request for a larger or additional rubbish bin. You may be eligible for the Vantive recycling program to help with waste disposal.

## Preparation to go home

Before you finish PD training, the PD nurses will arrange for your dialysis supplies to be delivered to your home.

After PD training, a follow-up home visit will be scheduled to help you set up. Additional visits can be arranged if needed, until you feel confident doing dialysis on your own.

You will also receive a list of contact numbers for PD support and advice.

Contact the PD nurses if you have any questions or need assistance.

## PD support is a phone call away:

### Peritoneal Dialysis Unit

Monday — Friday 7.30 am — 4pm

02 9113 3770

Or

### 4 South Medical Ward

After Hours, Weekends and Public Holidays

02 9113 3458 or 3448

(Request to speak to a senior nurse for PD-related advice)

### Vantive – Homecare Team

1800 920 133

1. Option 3 – for Technical Support (24 hours a day, 7 days a week)
2. Option 1 → Option 1 – to order supplies, for delivery issues and travel support (Monday — Friday, 08.30 am — 5.00 pm)

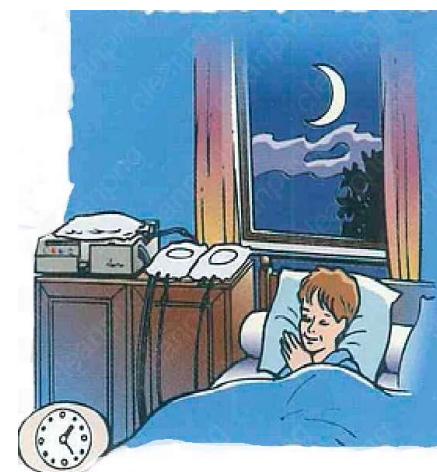
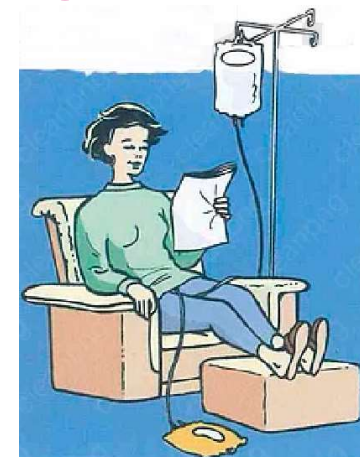
South Eastern Sydney

Local Health District

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## Peritoneal Dialysis Training



Reviewed By

St George Hospital

Consumer Advisory Group

*Working together*

## Introduction

You have been referred for home peritoneal dialysis (PD). This brochure explains how to prepare for PD, what the training involves, and how the PD nurses will support you.

## Where is the PD Unit?

The Peritoneal Dialysis (PD) Unit is currently located at:

1. St George Hospital Renal Care Centre – 9 South Street, Kogarah (Next to the Mental Health Unit), OR
2. 4 West – St George Hospital Main Tower Block, Gray Street, Kogarah

## PD Unit Opening Hours

Monday to Friday: 7:30 AM – 4:00 PM

Closed on weekends and public holidays.

## Starting Peritoneal Dialysis (PD)

To begin PD, you will need a PD catheter inserted into your abdomen, into the peritoneal cavity.

The catheter usually needs to rest for up to 3 weeks to allow proper healing before it can be used.

In some cases, haemodialysis may be needed temporarily before you start PD training.

## What to Expect During PD Training

- CAPD (Manual Dialysis): Attend twice a day – 8:00 AM and 2:00 PM – for 5 days.
- APD (Machine Dialysis): Attend daily from 8:00 AM to 3:00 PM for 10 days.

You do not stay overnight, and training continues until you feel confident and are assessed as competent to manage your dialysis at home.

## What Should You Bring to PD Training?

Please bring the following items for the duration of your PD training:

1. Reading glasses (if needed)
2. Hearing aids (if used)
3. Any regular medications (including insulin) you need to take during the day
4. Wear comfortable clothing and shoes
5. Neck pillow (optional)
6. Laptop, iPad, mobile phone, books, magazines or puzzles
7. Any special diet or drinks you have. Sandwiches and tea/coffee will be provided for you and your carer
8. Payment for discounted parking

Note: You can request an appointment card from the PD nurses to show at reception. This card lets you validate for discounted parking near St George Hospital during your PD training and any follow-up appointments.

## What Happens During PD Training?

A PD nurse will teach you how to do your dialysis step by step. You'll have plenty of time to practice with guidance and support. You will also learn how to:

1. Care for your PD catheter and exit site and change dressings properly
2. Recognise and manage possible PD complications

Written instructions and education materials will be provided to help you along the way. You will also receive instructions from your PD nurse on how to record your dialysis information.

Training usually takes 5 days to 3 weeks, depending on your pace.

You'll go home once you are confident and able to safely perform dialysis and care for yourself.

## Home Setup Requirements

Your PD nurse will provide a list of items needed to set up your home for dialysis, which may include:

1. Digital weighing scale
2. Blood pressure machine
3. Liquid antibacterial soap
4. Paper towel with a dispenser
5. Methylated spirit and spray bottle
6. Table or trolley for the PD machine