

## Hygiene and care

Do not shower for three weeks, as the dressing must not get wet. It is important to keep the catheter exit site dry for the wound to heal. You will be advised by the PD nurse when you can shower.

The catheter is an essential part of your body and it is your only access to peritoneal dialysis. You need to keep it clean and dry all the time. Secure the catheter at all times with Micropore tape which is given to you by the PD nurse.

**Your catheter is precious and should not be damaged.**  
**Do not use scissors or any other sharp object near your catheter for any reason.**

## When will my catheter be used?

Sometimes catheter can be used immediately after it has been placed. However, it is ideal to rest the catheter for 2 – 3 weeks for best results. During the rest period, catheter will be flushed weekly in the PD unit until PD training begins. This is to ensure that catheter is functioning well.

## Going home

You may be able to leave the hospital in 24-48 hours after catheter insertion. You must maintain regular bowel movements. If necessary, you can use coloxyl with senna, movicol or lactulose to avoid constipation.

### Important

Contact the PD unit (or present yourself to the emergency department after hours) if you notice any signs of excessive wound bleed/leak or signs of infection i.e. fever, chills, feeling sick, abdominal pain or pain on the catheter wound.

For further information contact:

**Peritoneal Dialysis Unit**  
Monday — Friday 7.30 am — 4pm  
**02 9113 3770**

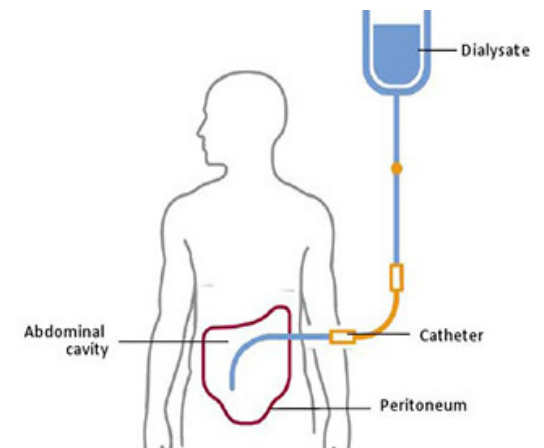
Or

**4 South Medical Ward**  
After Hours, Weekends  
and Public Holidays  
**02 9113 3458**  
(Request to speak to a senior nurse for PD related advice)



Reviewed By  
**Community Advisory Group**  
*Working together*

# Peritoneal Dialysis and PD Catheter



Health  
South Eastern Sydney  
Local Health District

## What is Peritoneal Dialysis or PD?

Peritoneal dialysis is one of the treatments used in kidney failure. The patient is taught how to attend to their own treatment at home. Treatment involves running fluid in, and out of the abdomen via a peritoneal dialysis (PD) catheter.

### What is a PD catheter?

A PD catheter is a plastic tube inserted into your abdomen or peritoneal cavity to allow the inflow and outflow of dialysis fluid. PD catheter is inserted by a surgeon in operating theatre or kidney specialist in procedure room.

- **Insertion of a catheter by a surgeon**

You will be required to attend the Pre Admission Clinic where you will be assessed prior to surgery

OR

- **Insertion of a catheter by kidney specialist**

You will be assessed by the kidney specialist in the renal clinic or pre-PD session

### Before the PD catheter insertion

You may be required to come in to the hospital the day before the PD catheter insertion to start antiseptic showers, prophylactic antibiotic treatment, bladder and bowel preparation. Instructions about when to fast from food and drink will also be provided. You will need to sign a consent for the procedure.

**On this day, PD nurses may visit you. At this time, take the opportunity to ask any questions you have about peritoneal dialysis.**

### On the day of the PD catheter insertion

If you are coming to the day surgery unit, you will need to attend early on the day of your operation. You will transfer to the operating theatre from the day surgery unit.

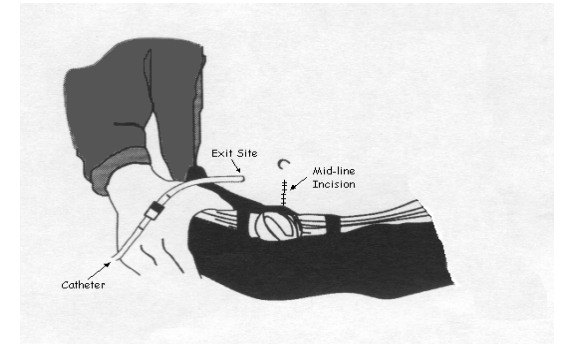
If you are already admitted in the renal ward, you will be transferred to the procedure room from the ward.

### After the PD catheter insertion

On return to the ward you may feel drowsy and some pain over the area. Do not hesitate to ask for pain relief if you need it. The nurses will monitor closely your blood pressure,

temperature, pulse and your wounds.

Your PD catheter will be flushed with a small volume of fluid. The PD catheter will be on the left or right



This picture shows a person's abdomen with the catheter in it

side of your abdomen. Expect to have a small amount of bleeding or ooze from these areas. Inform the nurses if you notice excessive bleeding, oozing or pain.

### The Dressing

The catheter exit site will be covered with a dressing to be left for 7 days. It will be redressed weekly for 2 – 3 weeks. This is to allow time for wound healing. After this time, dressing is to be changed daily or after every shower. The PD nurses will teach you on how to inspect your catheter exit site and to change your dressing as part of your daily catheter care routine.