

A Guide for Patients and Families

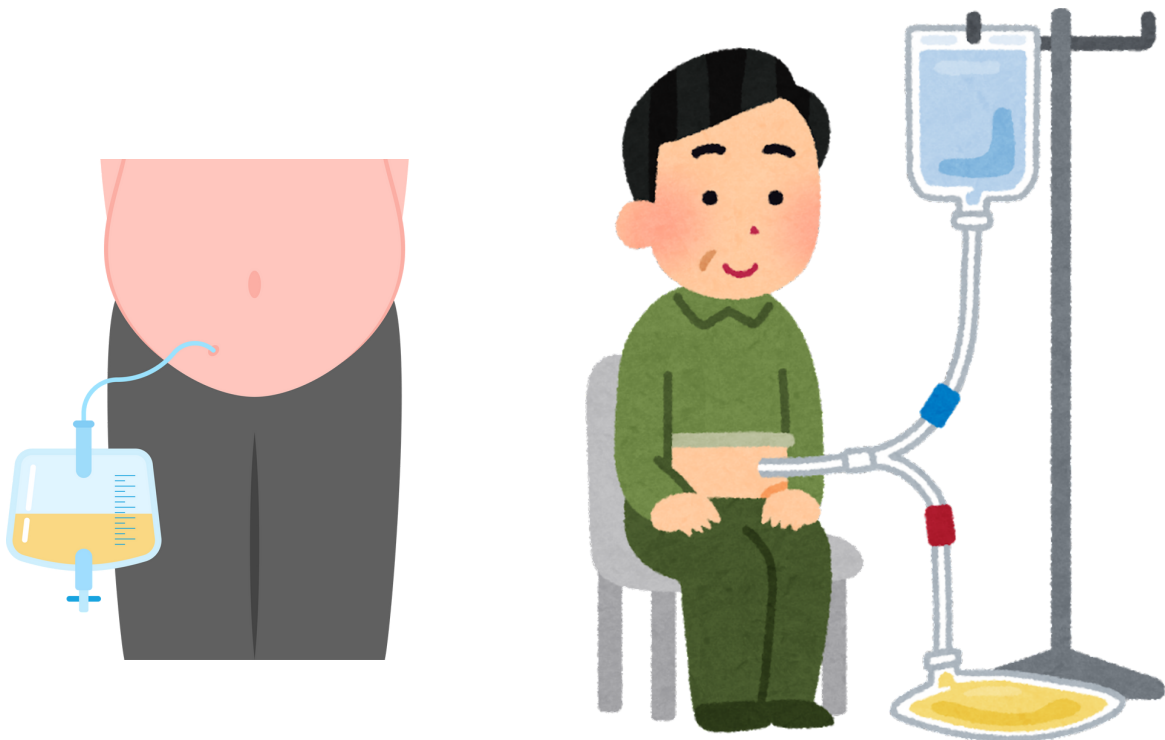
Pre & Post Peritoneal Dialysis (PD) Catheter Insertion Instructions

What is Peritoneal Dialysis (PD) catheter?

Peritoneal Dialysis catheter is a soft plastic catheter that will be inserted into abdomen. Part of the catheter lies within the abdomen and exits the skin via a small hole called the exit site.

Bowel preparation needs to be done before doing a PD catheter insertion.

After the procedure, it is important to maintain care of PD catheter and the exit site.



Care and Management

The following instructions provide general information and advice regarding care before and after procedure, to prevent the risks and complications.

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Pre-operation instructions

Bowel preparations:

- If you have constipation, please take regular laxative or dietary modifications to clear your bowels before the day of operation.

Shower instructions:

(On the evening before surgery day & on the morning of surgery day)

- Wet body and apply entire contents of undiluted antimicrobial skin wash on the whole body from neck downwards.
- Pay attention to the groins and umbilicus area (belly button).
- Leave antimicrobial skin wash on the skin for 2 to 3 minutes before showering and rinse thoroughly.
- Avoid contact with eyes, ears and mouth. Use a set of clean towel and clothing.
- After shower, do not apply powder, deodorants, perfume, etc.
- Do not use antimicrobial skin wash in the morning of surgery if itching or redness occurs (Do inform the Peritoneal Dialysis nurse if necessary).

What to expect on the day of operation:

- Be punctual.
- Operation is usually done under local anaesthesia. In complicated cases, this may be done under general anaesthesia (subjected to surgeon discretion).





Wound Care

- Always keep your dressing and catheter clean and dry. Sponge your body with a clean towel.
- Do not shower until your exit site is well-healed. Usually takes about 2 – 3 weeks after operation. Your nurse will advise you when to shower.
- Do not perform your own dressing unless you are trained.
- Frequent dressing is not necessary unless your dressing gets wet, dirty, lose stickiness or bleeding occurs. (Please contact us and make an appointment with the Peritoneal Dialysis Unit to change your dressing during office hours).
- Avoid exposure to strong sunlight. Your dressing will get damp with perspiration and infection may occur.

Catheter Care:



- Immobilise your catheter at all the times to prevent trauma by mechanical traction during handling and normal body movements (tape it to the skin).
- Do not perform strenuous exercises or carry heavy objects.
- Avoid pulling or twisting your catheter.
- Do not scratch around or rub on the exit site.
- Do not put ointment or powder around the exit site dressing.
- Do not wear tight clothing or a belt around the waist as this may impose friction on the exit site leading to wound breakdown and infection. Wear your belt below the exit site.
- Ensure daily bowel movement, prevent constipation which may cause pain and poor outflow.
- Monitor your weight and blood pressure daily and record down.

Please attend your Peritoneal Dialysis Unit appointment date as scheduled.



Contact your PD Nurse if you have:

Signs of infection

- Fever, rigors and chills.
- Diarrhoea
- Pain, redness, tenderness and increased warmth around exit site.
- Pus discharge from the exit site.
- Abdominal pain.

Bleeding

- Bleeding from your surgical sites.

Fluid Overload/Uremia-Like:

- Nausea, vomiting and loss of appetite.
- Decrease in concentration.
- Breathlessness
- Feeling tired all the time.
- Increasing swelling around your ankles and puffiness around your eyelids, with increase in your weight and decrease in your daily urine output.
- Increase in blood pressure.



Please seek immediate medical attention at the emergency department if you encounter breathlessness or excessive bleeding (e.g. dressing soaked and damp with blood) from your surgical sites.