

# Caring for your peritoneal dialysis catheter

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## Information for patients

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You need to look after the peritoneal dialysis (PD) catheter that has been put into your abdomen (tummy) very carefully. It will help lower the risk of complications and make it easier for you to start dialysis.

Please follow the advice your PD team gives you as well as the advice in this leaflet.

### Do's and don'ts

#### Do not:

- **have a bath** - dirty bath water puts you at risk of infection in the area where the catheter leaves your tummy (exit site)
- **have a shower until the exit site has healed** - the PD nurses will tell you when you can do this (usually after three - four weeks)
- **take off your exit site dressing while the area is healing** - this increases your risk of an exit site infection and slows down how quickly the skin holding the catheter in place heals
- **let anyone, other than trained PD staff, take off your dressing, unless it is an emergency.** This includes non-PD hospital doctors, GPs (home doctors), nurses and members of your family
- **lift anything heavier than a small bag of groceries for six weeks** - lifting heavy objects puts pressure on your abdomen
- **drive for one week** - driving puts pressure on your abdomen.

#### Do:

- expect some oozing of blood or fluid to seep through the dressing. If this happens, put a new dressing on top of the old dressing using the extra pads we gave you. You need to get help straight away if you cannot control the leaking from the exit site. Go to the clinic/ward or your nearest Emergency Department (ED/A&E) immediately.
- keep your appointments with the clinic – these are usually weekly, until you are established on PD
- take your prescribed laxatives – if you have constipation, your tube will not work
- take painkillers as advised, if you need to – the exit site will be tender for a while after your operation.

## Who can I contact with queries and concerns?

If you have any queries or concerns, or are feeling unwell, contact the PD unit - we are here to help.

Tel: 020 3299 6336, 8.30am - 4.30pm, Monday to Friday (not bank holidays). If there is no answer, leave a message on our answer machine and we will contact you as soon as possible.

For emergencies out of hours, contact Fisk & Cheere ward on 020 3299 3298 / 3859, and ask for the nurse in charge.

Your Consultant is: Dr H Cairns

Your Specialist is: Dr M Akter

## Your nursing team

At King's College Hospital:

Elaine Bowes – Clinical Nurse Specialist (CNS)

Christopher Clarke – PD Unit Manager

Dawn Bennett – Junior Sister

Alison McCarthy – Junior Sister

Patrizio Orru – Staff Nurse

In the community:

Babakang Shakoane – Senior Sister

Trevor Farley – Junior Charge Nurse

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