

# Advice following Peritoneal Dialysis catheter insertion

## Introduction

This leaflet provides you with information about how to care for your Peritoneal Dialysis (PD) catheter following insertion.

A PD catheter is a tube that is inserted into your abdomen to allow for peritoneal dialysis.

After the PD catheter has been inserted it should be cared for as advised by the PD team. This will help to reduce the risk of infection or displacement. It will also provide a smooth start to PD.

You will be given detailed instructions for long term care by the PD nurse looking after you.

## After the PD catheter has been inserted

There are very few risks associated with PD catheter insertion but you need to be aware of the possible complications.

You should:

- contact the PD Team or Ward 7b if you begin to feel unwell or have any concerns.
- contact the PD Team at Gloucestershire Royal Hospital if any fluid leaks through the dressing - the telephone number is at the end of this leaflet.
- take pain relief as advised, if needed. The PD insertion site may be tender for the first few weeks.
- take your prescribed laxatives, (medication to assist bowel movement). If you are having loose bowel motions, please ask the PD Team for advice. This could be a sign of constipation and may cause the catheter to stop working or move into the wrong position.

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Department

**Renal Services**

Review due

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## Patient Information

It is important that you:

- **do not** have a bath. You will be at risk of an infection if the catheter is put under water.
- **do not** have a shower until the insertion site has healed. You will be told by the PD nurses when you are able to have a shower again. This is usually 2 weeks following insertion.
- **do not** remove your catheter insertion site dressing while it is healing as this will increase the risk of infection. Do not let anyone else, apart from a member of the PD trained staff, remove your dressing unless it is an emergency.
- **do not** try and peek at the insertion site. This advice is for everyone, including non-PD doctors, GP's, district nurses and family members, unless they have been given specific instructions by the PD nurse.
- **do not** lift anything heavy. Lifting heavy objects will put pressure on your abdomen and may cause a lump to develop through the muscle wall. If you notice anything unusual, please contact the PD team.
- **do not** drive for 1 to 2 weeks as the seat belt can cause pressure on your abdomen which may cause friction over the wound sites. It may also invalidate your motor insurance.

## Contact information

If you have any questions or queries, please contact:

### Peritoneal Dialysis Nurse Office

Tel: 0300 422 6761

Monday to Friday, 8:00am to 4:00pm (except Bank Holidays)

For PD emergencies outside of these hours, please contact:

### Ward 7b

Gloucestershire Royal Hospital

Tel: 0300 422 6768

Open 24 hours (please ask for the nurse in charge)

## Patient Information

### Further information

#### National Kidney Federation (NKF)

Tel: 0845 601 0209

Website: [www.kidney.org.uk](http://www.kidney.org.uk) or [www.kidney.org.uk/introduction-to-peritoneal-dialysis-pd](http://www.kidney.org.uk/introduction-to-peritoneal-dialysis-pd)

#### Kidney Patient Guide

Website: [www.kidneypatientguide.org.uk](http://www.kidneypatientguide.org.uk)

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## Making a choice

### Shared Decision Making

If you are asked to make a choice, you may have lots of questions that you want to ask. You may also want to talk over your options with your family or friends. It can help to write a list of the questions you want answered and take it to your appointment.



### Ask 3 Questions

To begin with, try to make sure you get the answers to three key questions if you are asked to make a choice about your healthcare.

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?

These resources have been adapted with kind permission from the MAGIC Programme, supported by the Health Foundation

\* Ask 3 Questions is based on Shepherd HL, et al. Three questions that patients can ask to improve the quality of information physicians give about treatment options: A cross-over trial. Patient Education and Counselling, 2011;84: 379-85



<https://aqua.nhs.uk/resources/shared-decision-making-case-studies/>