

Care of Your Peritoneal Dialysis Catheter

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find all patient education resources here:
www.nshealth.ca/patient-education-resources

Connect with a registered nurse in Nova Scotia any time:
Call 811 or visit: <https://811.novascotia.ca>

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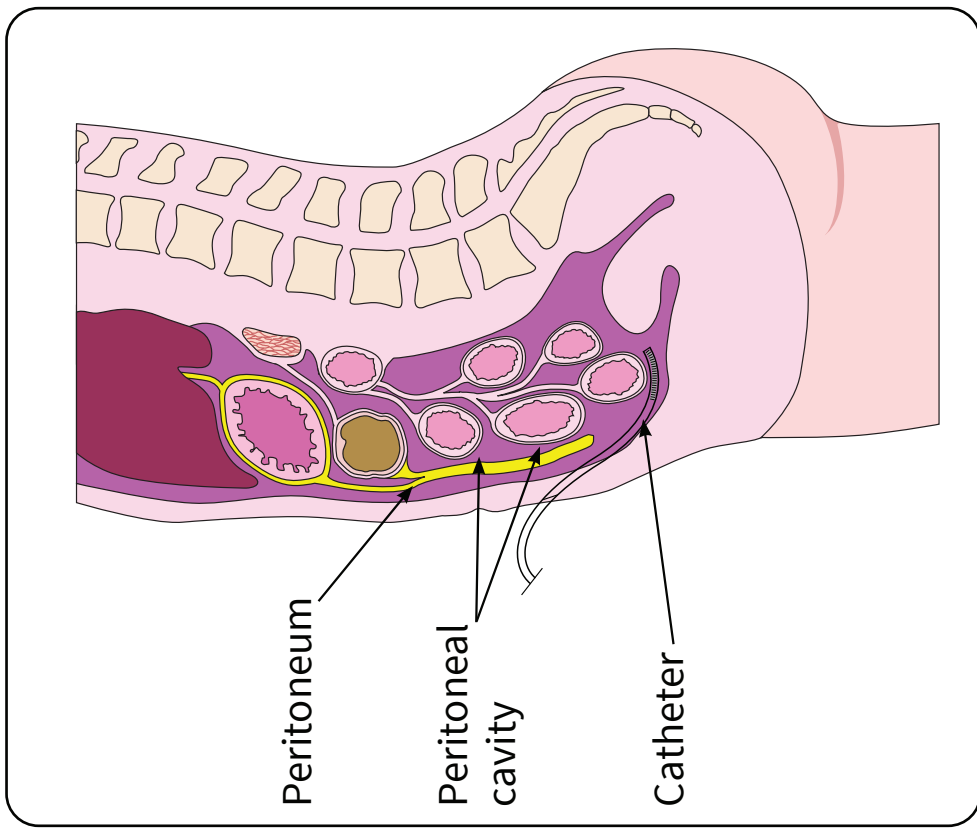
Activity

- Bend at the knees when picking something up.
- Hold your stomach when you cough.
- **It is important to avoid constipation** (not being able to poop). Take your laxatives (medications to help you poop) and stool softeners regularly.
- **Do not** strain when you have a bowel movement (poop).
- Be careful when you do strenuous (hard) activities (like chopping wood, shovelling, vacuuming).
- **Do not** shower, soak in a bathtub, swim, or use a hot tub until the home dialysis nurses say that it is OK.
- **Do not** wear tight clothes (like belts, tight elastic waists, jeans).
- **Do not** lift anything over 20 pounds (like laundry, groceries, children).
- **Do not** overextend your reach (like reach up into a high cupboard).

Care of Your Peritoneal Dialysis Catheter

What is a peritoneal dialysis catheter?

- A peritoneal dialysis (PD) catheter is a small, flexible tube. It is put into your abdomen (stomach area) during surgery. It will be used for your dialysis.



Protecting your peritoneal dialysis (PD) catheter

Care of your incision (exit site)

- Your dressing will be left on for 7 days (1 week). This should help the PD catheter exit site to heal better.
- Once you have been discharged from the hospital, the VON or home care nurse will visit your home every 7 days to change your dressing.
- The VON/home care nurse or clinic nurse will remove your staples or sutures about 10 to 14 days after your surgery.
- Your dressing will be changed every 7 days for about 6 to 8 weeks. After this time, your dialysis or clinic nurse may show you how to shower.

Caring for your incision

- Wash your hands before touching your dressing.
- Keep your dressing dry.
- Check your dressing each day to make sure it is dry and not falling off.
- Call VON or home care if:
 - › Your dressing falls off or is wet
 - › Your incision is sore
 - › You have a fever (temperature above 38 °C or 100.4 °F) or chills
 - › You have very bad pain in your stomach