

Placing a Peritoneal Dialysis Catheter

Quick Guide to Care

Pain

A little bit of pain is normal. Take only plain acetaminophen (Tylenol®) 650mg every 4 hours for the next 24 hours. As your pain eases, take pain medicine less often.

Take the stool softeners or laxatives as directed by your kidney doctor. This helps prevent straining when having a bowel movement. Do not take any medicines with codeine or other opioids as they cause constipation.

Activity and Rest

Balance your activity and rest for the first few days. Try to get 8 hours of sleep each day. Take rest breaks during the day, as needed.

For the next 24 hours, do not drive or drink alcohol. This is because of the anesthetic we gave you.

For the next 6 weeks:

- **Do not** lift, push, or pull anything over 7 kilograms (15 pounds)
- **Do not** do any strenuous activity or exercise.

Diet

You might feel sick to your stomach (nausea) or throw up (vomit) today. This should not last long. When you are ready, return to your normal diet.

Follow-up Appointment

- ☐ You had your catheter placed in the **Peritoneal Dialysis Unit**. We give you an appointment schedule before you leave.
- ☐ You had your catheter placed in the **Operating Room**. The Peritoneal Dialysis Unit calls you in 1 to 2 days to arrange your first appointment.

My appointment is on: _____

Medicines

Return to taking your regular medicines, unless told something different by your kidney doctor.

Clothing

Wear loose clothing with waistbands either above or below the area of your catheter.

Do not wear a belt. It could hurt the area around the catheter.

Bandage Care

We arrange to change the bandage within the first week.

For at least the next 4 weeks:

- Wash with a cloth, soap, and a small amount of water.
- Keep your bandage clean and dry at all times.
- **Do not** take any showers or baths, and do not go swimming until your nurse or doctor says these activities are okay.

If your bandage becomes loose, add more tape. Do not change it yourself.

When to get help

Call one of our Peritoneal Dialysis Units

if any of the following happens:

- pain in your stomach that gets worse or does not ease with pain medicine
- the bandage gets wet, bloody, or loose
- bleeding from around the catheter that does not stop
- a fever over 38°C (101°F)
- nausea or throwing up not going away
- no bowel movement for 2 days

After hours, go to the Emergency Department at one of these hospitals:

- Abbotsford Regional Hospital
- Royal Columbian Hospital
- Surrey Memorial Hospital

Call 9-1-1 if you have any of these problems:

- trouble breathing or shortness of breath
- chest pain
- sudden severe pain

Peritoneal Dialysis Units

Hours available: 8:00 a.m. to 4:00 p.m.
Monday to Friday

Abbotsford Regional Hospital	604-851-4769
Royal Columbian Hospital	604-520-4503
Surrey Memorial Hospital	604-953-6212

After Hours and Weekends

604-527-4835