PD: course and arrangements

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Dear patient,

This leaflet is intended to provide you with more information about the course of and arrangements for peritoneal dialysis. If you have additional questions, please note them down to discuss them with the nurse or doctor. The contact details are given on the back of this leaflet.

The Department of Nephrology

Peritoneal dialysis

The day before the operation

If a peritoneal dialysis catheter is to be fitted, you will be admitted to the nephrology ward the evening before or the morning of the operation. In the ward, we will check whether any more investigations need to be done before the operation, such as blood tests, ECG, chest X-ray, etc.

The day of the operation

On the day of the operation, you **should not have anything to eat**. The specialist nurse will come by to mark the line of your trousers or skirt on your abdomen. The skin around the surgical site may need to be shaved. Your navel may also need care.

After the operation

- After the operation, you will be given antibiotics as a preventive measure and possibly pain medication in the surgical centre. In the ward itself, you will be closely monitored by nephrology department nurses and your blood pressure, pulse, temperature, pain level and dressing will be checked. You may drink water and possibly have some yoghurt after the operation. You may sit in a chair and

go to the toilet if you are coping with the pain. You may only get up with assistance from the nurses.

- The day after the operation, the nurse will come by to flush the catheter. It may be a little sensitive, but it is important that this is carried out.

Back home

- You can usually go home on the second or third day. Before you leave the hospital, the nurse will take care of the dressing. A check-up appointment is scheduled for about a week later.

- After you leave the hospital and before peritoneal dialysis is begun, a **weekly test flush** of the catheter and dressing care have to be carried out. If you have any problems or discomfort, you can always report this. If it is urgent, you should always call the nurse. The telephone number can be found on the last page of this leaflet.

Home visit at start-up

- Before start-up, usually three weeks after placement, a nurse visits you at home. During this visit, a number of things will be checked, such as the room where you will perform the dialysis, where you will put the supplies, electrical outlets, etc. Any adjustments to the electrical setup will be made and paid for by the hospital.

- Three weeks later, the real training for peritoneal dialysis (CAPD or APD) begins. The training for the manual system (CAPD) usually takes two days. It must then be performed four times per day. The training for automated peritoneal dialysis (APD) takes about five days.
  It is especially important that **you are familiar with the system**. If you or the nurse are unsure whether you are ready to go home, we will be glad to extend the instruction a

bit longer. The specialist nurse will also go to your home on the day of your departure from the hospital to prepare the machine with you.

Social services and dietician

- During the training, you will usually get a visit from the social services and a dietician. You can also ask about this if you wish.

Problems with the machine

- If you have problems with the machine or if you feel unwell, you can call your nurse at any time.

Check-ups

- One week after you leave the hospital and begin the start-up at home, you will return for a consultation. After that, you must have regular check-ups every four to six weeks.

- When you come for a **consultation**, you will first see your nurse. You will have to go to the **lab** each time for a blood sample to be taken. When you return, your blood pressure and pulse will be checked and your dressing taken care of. Your home medication will be reviewed as well as how dialysis is going at home. Do not hesitate to ask questions if you have any doubts about certain matters. Afterwards, we will ask you to wait in the waiting room until the nephrologist arrives. You can then return home.

Peritoneal Equilibration Test

- Two to three months after starting peritoneal dialysis, you will have a **double mini-PET** (Peritoneal Equilibration Test) done. This is a test that shows the characteristics of your peritoneum so that we can see how quickly your peritoneum

can remove waste products and fluid. It also helps us to improve your treatment. This test lasts three to four hours. You may want to bring something to read, as you will have to wait twice for an hour each time.

Peritoneal dialysis appointments

- If you have any **questions or problems**, you can contact your nurse 24 hours a day.
- If you are unable to attend a scheduled appointment, please inform us and make a new appointment.
- You should inform your nurse of any **supplies** you need for home dialysis the week before your appointment. This can be done on weekdays between 7 a.m. and 3 p.m. When you come in for the consultation, you will be given all the supplies you need.
- Please bring your **dialysis sheet folder** with you to the consultation.
- Four times per year, you must bring a recent (within 24 hours) **urine sample** and a sample of the **peritoneal dialysis fluid** (remember to weigh the container in which the fluid is collected at night).
- You must have a **chest X-ray** taken every six months. The nephrologist can then see if it is necessary to increase or decrease the weight. An ECG (a recording of the heart function) must be done annually.

Important

- **ALWAYS** call your nurse if you have a fever, abdominal pain, pain, shortness of breath, muscle weakness, etc. If necessary, we will have you come to the emergency department.
- **NEVER** pull the catheter, to prevent wounds and infections.
- **ALWAYS** use new material when you sterilise the material. If you accidentally touch the catheter connections, call your nurse and come straight to the peritoneal dialysis unit to have the connections changed and to have antibiotics given preventively through the flushing fluid.
- You must always inform the nurse of any changes to your **home medication** and if your GP starts giving you **antibiotics**.
- You must also inform the nurse of any **planned procedure** so that any preparations can be made.

Parking

At every appointment, you can have your ticket for the car park validated at the clinic so that you can leave the car park free of charge. Remember to ask for it yourself if the nurse forgets.

Notes

Contact

Peritoneal Dialysis
t 051 23 74 64
e PDverpleegkundigen@azdelta.be

Renal disease nurse specialist
Sabine Verniest

www.azdelta.be

Source: Department of Nephrology

Physicians

Dr Gert De Schoenmakere
Dr Bart Maes
Dr Thomas Malfait
Dr Hans Schepkens
Dr An Vanacker
Dr Ignace Vandewiele

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