



After Bedside *Insertion* of a Peritoneal Dialysis Catheter: What do I need to know?

1. Dressing care

- DO NOT change your dressing yourself.
- Your PD nurse will change your dressing once a week.
- Keep your dressing clean and dry at all times.
- If your dressing becomes loose, add more tape.
- If your dressing becomes wet, dirty or bloody, call your kidney nurse or doctor.

2. No showers, bathing or swimming. Sponge baths only until your kidney nurse or doctor tells you otherwise (usually at least 4 weeks after the procedure).

3. If you have pain

- You may take acetaminophen (Tylenol®).
- A little bit of pain is normal but it should decrease each day. If the pain gets worse, talk with your kidney nurse or doctor.

4. Avoid constipation and straining in the bathroom

- Take the stool softeners or laxatives ordered by your kidney doctor. Avoid codeine.



5. No heavy exercise or lifting (over 15 pounds) until your nurse or doctor tells you (usually 2 to 6 weeks after the procedure).

- 15 pounds is equivalent to lifting a full laundry hamper.

6. Wear loose clothing

- Wear waist bands of clothing above or below your catheter.
- Wearing a belt is not recommended.

7. Attend your follow-up appointments

- Usually once a week until you start dialysis.
- At each visit you will have your catheter flushed and your dressing changed.

Date and time of first follow-up appointment

8. When should I call my kidney nurse or doctor?

- Your dressing gets wet or bloody
- Your pain will not go away even after pain medications
- You have nausea or vomiting that does not go away after 24 hours
- You are constipated and have not had a bowel movement for 2 days
- Your temperature is more than 38.0° C (100.4° F)
- You cannot pass urine (pee)

Important phone numbers

Kidney Doctor _____

Peritoneal Dialysis Unit _____

Kidney Clinic _____

The information in this pamphlet is provided for educational and information purposes, and to support discussion with your health care team about your medical condition and treatment. It does not constitute medical advice and should not substitute advice given by your physician or other qualified health care professional.