



# Bedside Insertion of a Peritoneal Dialysis Catheter: How do I prepare?

## Date and time of your procedure

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*Important: Please only follow the instructions marked with a check mark.*

*See bowel preparation on page 2.*

### 7 DAYS before your procedure

- Stop calcium and/or iron

### 5 DAYS before your procedure

- Stop blood thinners – anticoagulants e.g., warfarin (Coumadin®)
- Stop blood thinners – antiplatelet agents e.g., ASA (Aspirin®), clopidogrel (Plavix®)

### The DAY before your procedure

- ✔ Have a light supper in the evening
- ✔ Shower with antibacterial soap before bed (and again the next morning if you wish)
- Stop water pills e.g., furosemide (Lasix®), hydrochlorothiazide (Novo-Hydrazide®, Apo-Hydro®)
- Nothing to eat or drink after midnight

## The DAY of your procedure

- ✔ Arrange to have a friend or family member drive you to hospital and pick you up after your procedure
  - ✔ Wear loose fitting clothing (e.g., jogging suit)
  - ✔ Take your medications with sips of water
  - Changes to your diabetes medications
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- Light breakfast the morning of the procedure

OR

- No breakfast the morning of the procedure
- Bring snack and small lunch on the morning of the procedure
- ✔ Bring all your medications with you, including insulin

## Bowel preparation (laxatives)

- Polyethylene glycol 3350  
(pharmacy: dispense 2x 70 gram packages)
- Mix each package (70 grams) with 1 litre of water. Chill before drinking
  - Drink both litres of fluid over 4 to 6 hours starting mid-morning the day before your procedure
- Lactulose syrup:
- \_\_\_\_\_ mL in the morning and  
\_\_\_\_\_ mL in the evening on  
the day before your procedure
- Senna glycosides (Senokot®) tablets:
- \_\_\_\_\_ tablets in the morning and  
\_\_\_\_\_ tablets in the evening for  
\_\_\_\_\_ day(s) before the procedure
- Docusate (Colace®) capsules:
- \_\_\_\_\_ capsules in the morning and  
\_\_\_\_\_ capsules in the evening for  
\_\_\_\_\_ day(s) before the procedure

## 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.