

Transitioning to Peritoneal Dialysis

Patient Guide





You have decided, with the support of your kidney care team, to begin peritoneal dialysis (PD). This guide provides information to help you prepare for a smooth transition to PD.

Transitioning to PD has 6 steps. During each step, your kidney care team will be there to provide support. The amount of time you spend at each step will depend on your health and recommendations by your healthcare team.

What can I expect to happen at each step?



Step 1: I have decided that PD is the best option for me



What to expect

After receiving education and discussing your treatment options, you have made an informed treatment choice to start PD. Your kidney care team will be notified of your treatment choice and an appointment will be arranged for you and your family to meet with the PD team. This orientation appointment is designed to give you more information and answer any questions you may have about managing PD.



Things to think about and discuss

Taking an active role in your health and your PD treatments has many benefits. It puts you in control of your life. You become a partner with your kidney care team and knowledgeable about all areas of PD.



At this point, you may want to begin reviewing the PD e-learning modules found at:

[BCRenalAgency.ca](https://www.bcrenalagency.ca) → Health Professionals → Clinical Resources → PD Patient Training Modules

You will learn everything included in these modules during training, so don't worry if it seems like a lot of information. At this stage, it's a good introduction to what you'll be learning. We know you will have many questions about PD. It's helpful to have a written list of questions to ask the kidney care team during your appointment.



QUESTIONS TO ASK MY KIDNEY CARE TEAM

- When will I start on dialysis?
- I don't have someone to help me at home with PD. Will that be a problem?
- What changes to my body can I expect on PD?
- Is intimacy an issue with PD?
- Is it possible to work or attend school and perform PD?
- Is it possible to swim or use hot tubs?
- What will my day look like on PD?
- Is travel possible with PD?
- Can I change to a different form of treatment once I've started on PD?
- What resources are available for further education about PD?

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DECISIONS I NEED TO MAKE NOW

After receiving more information about PD at your appointment, you should ask yourself:

- **Has this information confirmed for me that PD is the best treatment option for my lifestyle?**
- **How will PD fit into my life?**
- **Who will help me with PD when I need it?**



Step 2: Preparing for PD

What to expect

During this time, you and your kidney care team will continue to monitor your overall health. Your health will guide when certain procedures will take place. As your kidney function decreases, you and your team will make decisions around preparing for PD. When the time to begin dialysis is determined, the PD team will work with you to develop a detailed PD care plan.

- PD catheter insertion – this will be surgically inserted about 2-6 weeks before starting PD.
- PD training – takes place at the PD clinic over a period of several days. You are expected to attend all training. You may bring a family member or a support person with you. Each training day is approximately 6 hours



- Patient responsibilities – Your role includes understanding PD well enough to manage and perform it at home, ordering supplies and calling for help if/when needed.

Things to think about and discuss

It is very important that you follow the treatment plan developed with you. You will be taking a very important step towards a healthier life by understanding your health and the important role you play in your treatment. Discuss any life changes that may impact your ability to do PD with your kidney care team. Some examples of changes that are important to share include:

- You think PD may not be the right choice for your lifestyle.
- You are planning to move to a new home or community.
- You no longer have someone to support or help with your PD treatment.
- You are experiencing changes that are making it difficult to do or perform familiar activities. These changes may be to your memory, vision, hearing, dexterity, mobility, strength or energy level.



- Will changes in my health condition such as my eyesight, dexterity or strength impact my ability to do PD?
- When will my PD catheter be inserted?
- When will I start on dialysis?
- I live out of town. Is there funding available to help cover the cost of travel and accommodation when I attend PD training? What accommodation options are there?





DECISIONS I NEED TO MAKE NOW

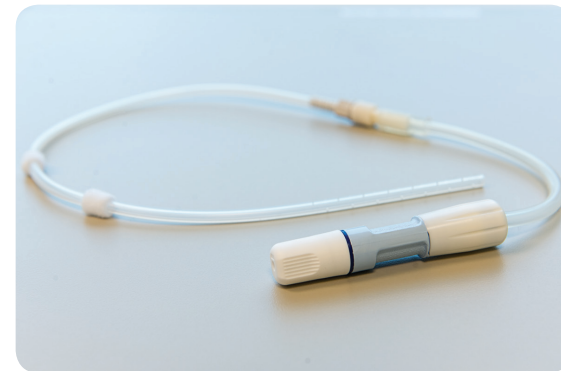
During this time, it is important for you to consider the following:

- **How** will PD fit into your daily life?
- **What** support will you need to do PD at home?
- **Who** will you ask if you need help?
- **Where** will you do PD? In your home, work or school? Where will you keep your PD supplies?
- A box of PD solution will be about 30 pounds and its size will be about 10” x15”x10”.
- You will need storage space for about 20-60 boxes.



Step 3: It is time to have a PD catheter inserted

What to expect



A PD catheter is a soft plastic tube that is inserted into your abdomen or the area around your sternum. This area of the body is called the peritoneal cavity. The catheter allows the PD solution to flow in and out of your peritoneal cavity. One end of the catheter comes out of your belly or your chest wall while the other end is under your skin inside your peritoneal cavity.



Your kidney care team will provide specific information about insertion of your PD catheter.

This information will include:

- Date, time and location of the PD catheter procedure. The PD catheter is usually inserted 2 – 6 weeks before starting PD training. The procedure may be done in a special procedure room or in an operating room.
- Insertion location of the PD catheter. The catheter is usually inserted in the abdomen. It is positioned away from the belt line and 2.5 cm below and to the side of the belly button. About 5-10cm of the catheter extends out of the body.
- How to prepare for the PD catheter insertion procedure.
- What to expect during the PD catheter procedure.
- How to care for the PD catheter after it is inserted.

Things to think about and discuss

- You will be given a handout with all the information you need to know to prepare for the PD catheter insertion procedure. Follow all instructions provided.
- Arrange to have someone drive you to the procedure and pick you up afterwards.
- Plan for any help you might require following the PD catheter insertion procedure.
- Make sure you have all necessary supplies to care for your catheter after the procedure.
- Call the PD program if you have any questions or concerns.





QUESTIONS TO ASK MY KIDNEY CARE TEAM

- Will the insertion procedure hurt? What do I do if I have pain after?
- Will the procedure be done under local anesthetic?
- How long will the procedure take?
- Can I eat before the procedure?
- Should I take my medications before the PD catheter insertion procedure?
- Will I be able to go home immediately after the procedure?
- How do I care for my catheter once I go home?
- Who do I call if I have questions or concerns after the PD catheter insertion procedure?



DECISIONS I NEED TO MAKE NOW

- Who will take me to the procedure and pick me after?
- Do I know how to care for myself and my PD catheter after it has been inserted?
- Who will help me at home if I need help?
- Who can help lift any heavy item(s)?
- Who can help with child care or other family responsibilities that I currently do?

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Step 4: The PD catheter has been inserted

What to expect

A nurse from your kidney care team will book an appointment to look at your PD catheter approximately one week after it has been inserted. During this appointment, your surgical dressing will be changed, and the PD catheter may be flushed with a small amount of PD solution to make sure it is working properly. You will have any stitches removed. You may have an appointment booked for another dressing change approximately 2 weeks after the PD catheter has been inserted. Your PD catheter is your lifeline, so it is important to care for it exactly as you have been instructed. You will be given a date and time to start PD training.

Things to think about and discuss

During the first week after your catheter insertion, let your PD nurse know if:

- Your dressing over your PD catheter is wet, bloody or is falling off. Do not remove the dressing yourself.
 - ▶ You may add some extra gauze over the dressing if it is slightly damp.
 - ▶ Add some extra tape to secure the edge of the dressing to your skin if it is loose.
- You are having pain at the catheter site that is not relieved with prescribed pain medication.

It takes about 4-6 weeks for the catheter site to heal. During this time, you must keep the dressing and the exit site around the PD catheter dry. DO NOT shower, bath or swim during this time. Sponge bathing is allowed.

It is very important to perform all care of your newly inserted catheter exactly as you have been taught. Make sure you wash your hands before you touch your dressing or catheter.



Keep your bowels moving regularly by taking the laxative medications prescribed for you. Let your PD team know if your bowels have not moved in 3 days. Information on managing constipation can be found at:

BCRenalAgency.ca → Health Info → Managing my Care → Symptom Assessment Management



Avoid lifting any weight over 10 kgs (22 lbs).

Consider arranging for help with any activities that might involve lifting heavier weights such as groceries, laundry or gardening during the time immediately following the catheter insertion.



QUESTIONS TO ASK MY KIDNEY CARE TEAM

- How do I keep clean while my catheter heals?
- How do I prevent getting an infection?
- Why is hand washing and hand sanitizing so important?

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DECISIONS I NEED TO MAKE NOW

- Who can I get to help me in the home if needed after my catheter is inserted?
- How will I organize the area I will use to perform PD, so it is accessible and functional?
- How will I keep clean?

Step 5: PD training starts

What to expect

Once your catheter has been inserted, your PD training will be scheduled. You will be given a date, time and location. The length of training will be determined by your PD program and generally takes place during the day, Monday – Friday. It is important you attend and bring your support person(s) with you to each day of training. During your PD training, you and your nurse will walk through the steps needed to manage your PD treatment at home. You will learn how to set up your PD equipment and how to do the treatment. During PD training, you will be performing PD on yourself. Your PD nurse will decide when you are ready to do PD yourself at home.

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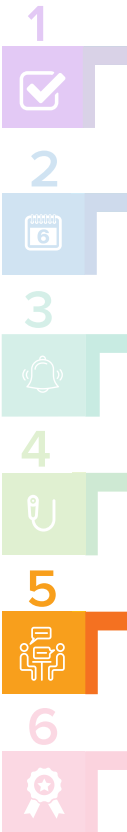
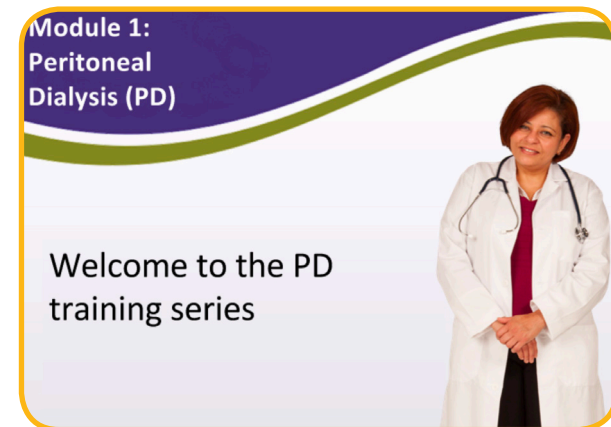
Topics covered in detail during your training are:

- Managing your PD care independently
- How to perform PD exchanges and procedures
- How to keep clean
- How to solve PD related problems at home
- Follow up clinic appointments

Things to think about and discuss

- You must store all PD supplies and equipment in your home. Storing outside in extreme heat or cold can damage the PD solutions. It is important to organize an area in your home to store your PD supplies.
- PD supplies are delivered monthly. It is important to have someone at home at the time of your PD supply delivery.
- Perform your PD exchanges and care exactly as you have been taught.
- Avoid constipation – take your laxatives as prescribed.

- Always wash your hands before performing PD exchanges or touching your PD catheter.
- Do not shower until you have been instructed to do so by your PD nurse.
- Pets are a terrific addition to any family, but they should not be in the same area when you are performing any PD procedure or exchanges due to the need for sterility to prevent infection or contamination.
- Review the PD e-learning modules found at: BCRenalAgency.ca → Health Professionals → Clinical Resources → Peritoneal Dialysis → PD Training Modules





QUESTIONS TO ASK MY KIDNEY CARE TEAM

- Who will monitor my health when I am at home?
- Who do I call if I am having problems with my PD treatment at home?
- How do I order my PD supplies?
- I want to use the cyclor at night. Why do I have to learn CAPD?
- How do I prevent infections?
- How will I know if I have an infection?
- Will there need to be changes in my medications?
- Will my diet change now that I am on PD?



DECISIONS I NEED TO MAKE NOW

- Where will I keep my supplies?
- Where will I do my PD exchanges at home, work or school?
- How will I keep my pets out of the area when I am doing a PD procedure or exchange?



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Step 6: I am doing PD by myself at home



What to expect

Congratulations! You are ready to do PD at home. It is natural to feel overwhelmed when learning to perform PD. Over time, you will become more comfortable performing your treatments. You will develop a routine that allows PD to fit into your daily life.



QUESTIONS TO ASK MY KIDNEY CARE TEAM

- Will I be able to switch to the cyclor at night?
- Who can help me if I'm having trouble with money or finances, transportation etc?
- What exercise can I do now that I am on PD?
- What help is there for me to understand my illness and explain my wishes for future health care to my doctor?
- Is there support to help tell my family or those closest to me what is most important to me?
- How can I prepare for emergencies?
- How will my information be shared with my family doctor and local pharmacy when my prescription changes?
- How will I share information with my kidney team if my family doctor makes prescription changes or recommendations?

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DECISIONS I NEED TO MAKE NOW

- How will I get to any clinic appointments?
- Who would I call if I need help?
- When is the best times for me to do PD procedures or exchanges?

Notes to myself:

- *Bring the Transitioning to Peritoneal Dialysis booklet to all of my appointments*

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Important Contacts

PD clinic phone number: _____

PD nurse: _____

Social work: _____

Dietitian: _____

Hospital switchboard: _____

In case of an emergency call:

My advanced care plan is kept:

Future clinic appointment dates:




Phone: 604-875-7340

Email: bcpra@bcpra.ca

Web: BCRenalAgency.ca

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