

# Advice for Peritoneal Dialysis Patients



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Hamad Medical Corporation

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# Important reminders for Peritoneal Dialysis Patients

## Telephone numbers for the Peritoneal Dialysis Unit

- 4439 4835
- 4439 4821
- 5550 4831

## You can contact us from Saturday to Thursday between 6am and 10pm

1. In case of an emergency, such as shortness of breath, chest pain, etc., call the Dialysis Unit or go directly to the Emergency Department.
2. If you experience pain, abdominal discomfort, turbid or cloudy effluent, with diarrhea or constipation and fever:
  - Please contact the Peritoneal Dialysis Unit at Fahed Bin Jassim Kidney Center
  - Go directly to the Emergency Department, (especially on Fridays when the unit is closed)
3. For any changes in your scheduled appointment in the Peritoneal Dialysis Unit, please inform the unit as early as possible before the given date.
4. Kindly come 15 minutes before your appointment time for your monthly Assessment at PD Unit.
5. Don't forget to bring your medications and PD Record Book during your Appointment for review by your nephrologist and PD nurse.
6. Your monthly visit for evaluation is very important for your health.

## Daily Fluid Intake

1. Avoid drinking more fluid than the recommended allowance given by your physician (this includes water, soup, juices, coffee and tea).
2. Drinking extra fluid may lead to accumulation of fluid in the body, in the lungs and may affect heart muscle function.



## Potassium

The dietician will explain to you the types of food that you can eat and food that you should avoid or reduce.

Avoid eating foods high in potassium high levels of potassium in the blood may affect the function of the heart.



## Phosphorus

1. Reduce intake of foods that are high in phosphorus
2. High phosphorus diet may lead to increased phosphorus levels in the blood which may lead to the following conditions:
  - Hyperparathyroidism
  - Osteoporosis
  - Dry skin and itching
  - Narrowing of the blood vessels and heart disease



## Dialysis Appointments

1. You must come to FBJ-PD Training Room on time and follow the training instructions exactly as the PD Nurses told you.
  - If you miss the dialysis exchange the toxins in the blood increase and may make you sick and require emergency treatment.
2. You should follow your dialysis prescription, the types of dialysis fluid to use and the number of hours for manual or machine.
  - Incomplete time of dialysis increases toxins in your body.

## Medication

- You must take your medication regularly and on time.
- Failing to take the medications may affect your health.
- You must bring your medications to the Dialysis Unit, when instructed by your nurse, so that it can be reviewed by your treating doctor.



## Follow-up instructions

1. Wash your hands before and after the peritoneal dialysis procedure
2. Always keep the PD catheter clean
3. Maintain the timing of your dialysis at home
4. Follow your schedule of PD clinic appointments each month
5. In case of any change in the color of the solution, you must inform the PD nurse or go directly to the Emergency Department
6. Avoid swimming in the swimming pool or the sea
7. Avoid constipation by taking regular laxative medication
8. Avoid the use of scissors near the peritoneal catheter



## Exit-Site Care is Important

Clean your exit site and put antibiotic cream on it every day in order:

- To avoid infection
- To increase the life of your catheter



### Look at Exit Site

- Get your supplies
- Wash and dry your hands
- Look at the exit site and the area around it
- Is there redness, swelling or drainage?
- If you find any of these, call your PD nurse immediately



### Clean the Exit Site

- Start to clean the catheter
- Move your hand in circles around and away from the catheter
- Clean carefully and completely
- Dry around and under the catheter - move your hand in circles around and away from the catheter
- Leave crusts and/or scabs in place until they fall off on their own



### Put on the Antibiotic Cream

- Put a small amount of antibiotic cream on a cotton swab (the size of a pencil tip eraser or  $\frac{1}{4}$  inch squeezed from the tube)
- Use the cotton swab to spread the antibiotic cream around the exit site close to the catheter
- Secure the catheter and dressings with tape or an immobilizing device - do not tug or pull on the catheter
- If the exit site becomes wet or dirty, repeat exit site care

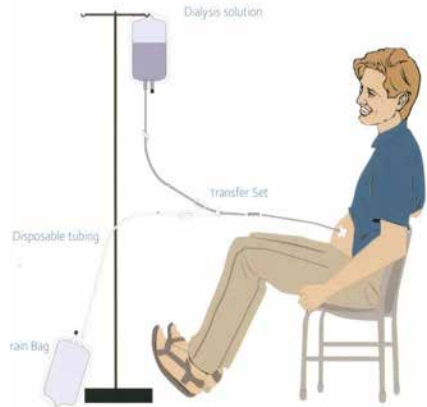


## PD Procedure Manual (CAPD)

- An exchange of dialysis fluid in CAPD is simple and you will be trained for over a week to perform exchanges on yourself.
- CAPD four times a day, each time 30 to 40 minutes.

### The basic steps include:

- Proper hand washing
- Checking for available fluid bags and all necessary items
- Checking for the expiration date of all supplies
- Connect the fluid bag with the tubing set to the PD catheter located in the abdomen
- Drain out the used solution after prescribed dwell time
- Fill with fresh solution and wait for change time
- Drain and disconnect tubing set from the catheter
- Discard the used solution and disposable tubing set properly
- Perform proper hand washing
- Return clean items back in store cabinet



## Automatic peritoneal dialysis APD

- APD stands for Automated Peritoneal Dialysis, in which the dialysate solution is changed by a machine at night while you are asleep.
- The machine will exchange eight to 12 liters over night between eight to 10 hours and then leave one to two liters to dwell during the day.





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