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## Insertion of a Peritoneal Dialysis (PD) Catheter

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Date of your procedure: \_\_\_\_\_

Check-in Time: \_\_\_\_\_  a.m.  p.m.

Location: St. Joseph's Hospital Surgery Centre  
50 Charlton Ave. East, Hamilton Ontario  
Check-in at the Surgical Centre – Level 2

- Plan to stay in the hospital for 2½ to 4 hours.

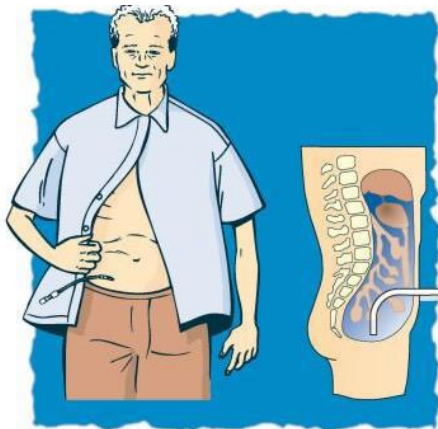
### What is this procedure?

During this procedure a thin tube, called a peritoneal catheter, is put into your abdomen. The catheter is inserted into your abdomen near your belly button (navel or umbilicus).

### Here is what happens during peritoneal dialysis:

Peritoneal dialysis is based on the exchange of dialysis solutions to keep you healthy. An exchange:

- Removes old dialysis solution from the peritoneal cavity. This contains waste products and extra body fluids not needed.
- Adds new dialysis solution to the peritoneal cavity.



An exchange has 3 steps:

1. Drain removes the old dialysis solution.
2. Fill adds new dialysis solution.
3. Dwell is the period of time that the dialysis solution remains in the peritoneal cavity.

### How do I get ready for this procedure?

- There is an instruction sheet from your doctor in this package. Follow the instructions given to you.
- Go to the pharmacy and pick up the bowel preparation ordered so you will have it ready for the day before your procedure.

- You will be given sedation for this procedure so you must arrange to come with a responsible adult. This adult must be able to listen to your discharge instructions, help you leave the hospital and get home safely. This adult can wait for you in the Waiting Area or leave a contact telephone number with the staff. **This person needs to keep the phone on if leaving the area.**
- **If you do not have a responsible adult with you, your procedure will be cancelled. You cannot drive yourself.**
- Please arrange to have a person who can translate for you if you need help understanding English.

### What happens before this procedure at the hospital?

When you check in, you change into a gown and go to the bathroom to empty your bladder. The nurse asks you some health questions and prepares you for the procedure. You may have a thin plastic tube put into your arm. The tube is attached to a bag of liquid that hangs on a pole close to you. This is called an intravenous or IV. The IV is used to take blood and give you fluids and medication during the procedure. It is removed after the procedure.

You may also have a different kind of tube put into your bladder to drain urine. This is called a urinary catheter. Your nurse will explain this to you before it is put in. The catheter is attached to a drainage bag and urine flows into it so you do not have to worry about going to the bathroom during the procedure. The catheter is removed before you go home.

### **What happens during the procedure?**

You are awake during the procedure. You may be given medications to relax you or make you feel sleepy.

The doctor then makes 2 small cuts near your belly button:

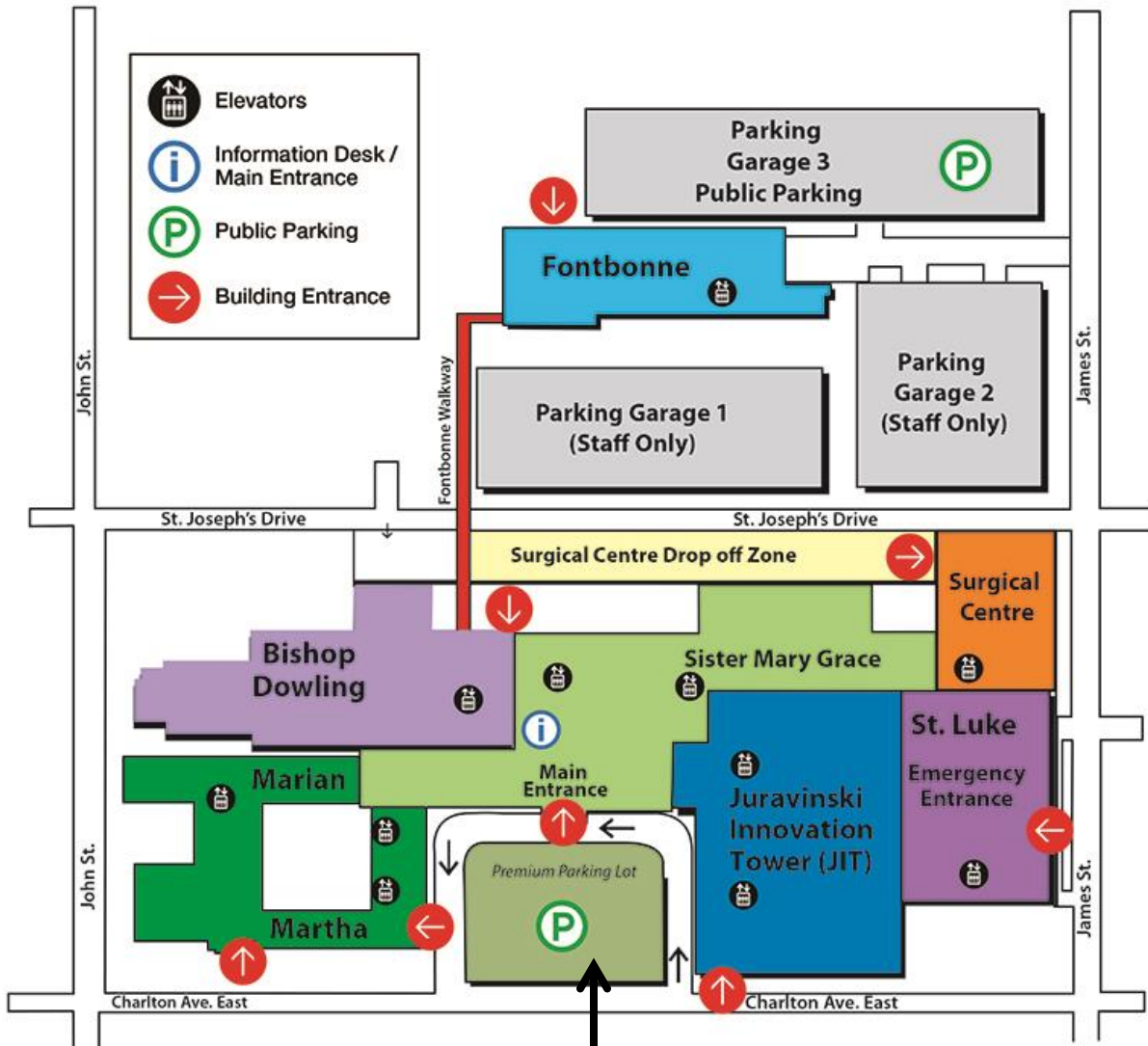
- One cut is where the peritoneal catheter comes out. This is called the exit site.
- One cut is needed to do the procedure and is closed with small stitches.
- The cuts are covered by a large dressing and taped to your skin.

### **What happens after the procedure?**

- You will change into your clothes. You may need to have an outpatient x-ray before going home with a responsible adult.
- If you have pain or discomfort after your procedure, you may take plain Tylenol.
- You will return to the Peritoneal Dialysis Unit once a week for dressing changes and flushing of the catheter. This lets us know the catheter is working.
- Avoid constipation and straining. Make sure you take the laxatives as prescribed by your doctor:
  - ❖ Take 1 capsule of Docusate sodium (100 mg) 2 times a day. Take 1 capsule in the morning and 1 capsule at night.
  - ❖ Do this until your Peritoneal Dialysis Nurse tells you to stop.
- You can return to your normal activities and diet when you are home. Avoid heavy lifting and exercising for at least 2 weeks. Walking is good to do.
- The catheter will not be used for dialysis for at least 2 weeks or longer after it is put in. This is so the skin can heal.

**For questions or concerns call:**

- ❑ Peritoneal Dialysis Clinic: 905-522-1155 ext. 38275 or
- ❑ Dr. Karen To 905-522-1155 ext. 33542
- ❑ Dr. Yang 905-522-1155 ext. 33323
- Nephrology Unit after hours 905-511-1155 ext. 33224



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