

# Peritoneal Dialysis Catheter

## Pre and Post Insertion Advice



The Renal Medicine Service offers screening to help patients detect kidney problems early. Our team of specially-trained clinical coordinators, nurses, educator/counselors, dietitians, medical social workers and specialist doctors offer one-stop, seamless and coordinated care to manage a patient's well-being. We offer personalised clinical care, education and counseling to stop kidney diseases from progressing/ complications from worsening, and treat various kidney inflammatory conditions, such as glomerulonephritis and tubulo-interstitial nephritides and kidney problems associated with familial, urological, rheumatological, various cancers and multi-system conditions.

# Preparing for your surgery

## 1. Clear your bowels

Regular laxatives or a modification to your diet may relieve you of constipation.

## 2. Nasal preparation

Apply the Mupirocin (Bactroban) Ointment as prescribed to you. For instructions on how to use, please speak to our Peritoneal Dialysis (PD) nurse.

# Shower Instructions

*(Evening before insertion, morning of insertion)*

- Wet your body and apply all contents of the undiluted Chlorhexidine (*Hibiscrub*) to your body from the neck down.
- Pay attention to the groins and belly button.
- Leave the *Chlorhexidine solution* on your skin for two to three minutes before you shower. Rinse thoroughly.
- Avoid contact with your eyes, ears and mouth. Use a clean set of towel and clothing.
- Do not apply powder, deodorants, perfume, etc after shower.
- If itching or redness persists, stop using it and inform our PD nurse.

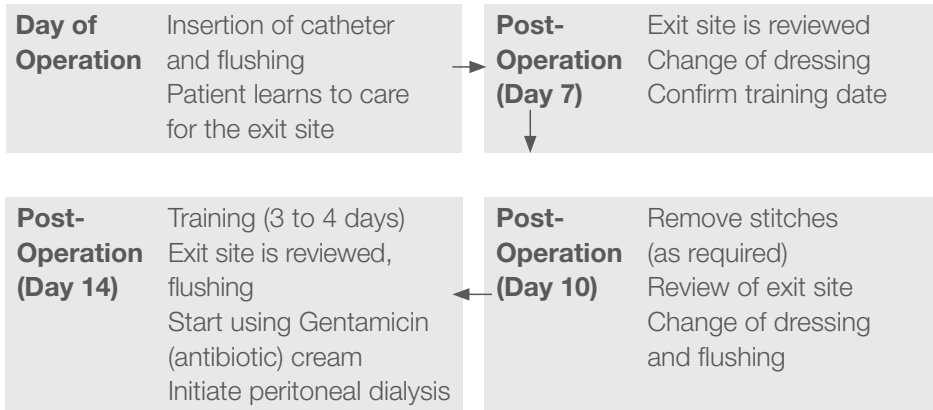


# Day of Insertion

- Please be punctual
- Report to the Ambulatory Unit at the Ng Teng Fong General Hospital

Local anaesthesia is used for most procedures. General anaesthesia may be used for more complicated cases. Your doctor will advise you.

## What to expect

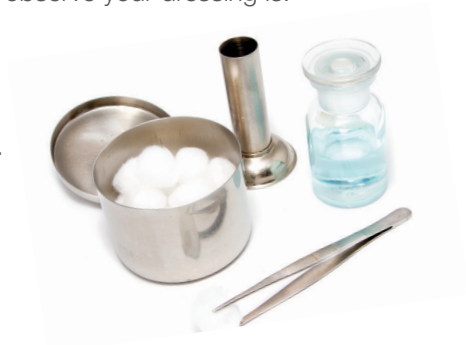


## Post-Operative Care

- Keep your dressing and catheter clean and dry.
- Sponge your body with a clean towel.
- Shower is not advised until your wound has healed well (usually two to three weeks after the operation). Your nurse will advise you when you can take a shower.
- Do not change your own dressing unless you are trained. It is not necessary to change your dressing frequently.

Please come to the Kidney Unit at the the Ng Teng Fong General Hospital for a dressing change (during office hours) if you observe your dressing is:

- Wet or dirty
  - No longer sticky
  - Soaked with blood
- Avoid exposing the wound to strong sunlight. Perspiration may cause your wound to become damp and lead to an infection.



- Do not participate in strenuous exercise or carry heavy objects.
- Avoid touching your catheter as much as possible.



- Do not scratch or rub the area around your wound.
- Do not wear tight clothing or a belt round your waist. This may cause friction and an infection.
- Constipation can cause pain, poor drainage and increase the risk of infection.
- Monitor your weight and blood pressure daily.
- Keep all your appointments.

## Contact us if you experience:

### 1. Signs of infection

Cloudy PD fluid (once you have started on peritoneal dialysis)	Pain, redness and warmth around the exit site
Fever and chills	Pus discharge from the site
Diarrhoea	Abdominal pain

### 2. Bleeding from the surgery sites

### 3. Signs of kidney failure:

Nausea, vomiting and loss of appetite	Poor concentration
Increased swelling around the ankles and puffiness around the eyelids	Weight gain / decrease in daily urine output
Breathlessness	Increased blood pressure
Feeling tired all the time	

### Important:

If you experience breathlessness, notice your dressing is soaked with blood or feel unwell, please visit an emergency department immediately.

# Follow-up Care

**1 - 2 weeks: Your exit site is reviewed along with your Total Ultrafiltration (TUF), Blood Pressure (BP), pulse rate, edema and weight.**

*Estimated time:  
1 hour*

**Please bring:**

- 1) Ultrabag × 1 (for CAPD\* patient)
- 2) Minicap × 2 (for CAPD patient)
- 3) Dressing materials
- 4) CAPD\* / APD\*\* record book
- 5) Records on blood pressure, pulse rate and blood glucose (for diabetic patients)

*CAPD\*: Manual*

*APD\*\*: Machine*

**1 month: Baseline Peritoneal Equilibrium Test (PET) and Dialysis Adequacy Test (Kt/V) test.**

*Estimated time:  
5 hours*

**PET** checks your peritoneal membrane status. It is done once unless your condition changes.

**Kt/V** (Dialysis Adequacy Test) checks the adequacy of your dialysis. Your dialysis regime may be modified according to your needs.

**Every 4 - 6 months - Repeat Kt/V test**

*Estimated time:  
30 minutes*

Details of test will be given to you before your test date.

**Every 6 months - Change of transfer set**

*Estimated time:  
1 hour*

**Please bring:**

- 1) Ultrabag × 1
- 2) Minicap × 2
- 3) Transfer set × 1

**Notes:**

## For more information

### Ng Teng Fong General Hospital and Jurong Community Hospital

1 Jurong East St 21, Singapore 609606

[www.ntfgh.com.sg](http://www.ntfgh.com.sg) | [www.jch.com.sg](http://www.jch.com.sg)

### Clinic opening hours

Monday – Friday: 8.30am – 5.30pm

Saturday: 8.30am – 12.30pm (Selected clinics only\*)

Dental Clinic: Monday – Thursday: 8.00am – 5.30pm, Friday: 8.00am – 5.00pm

\*Please refer to our websites for more details.

### General enquiries & appointments

General enquiries line: 6908 2222 (24-hr)

Fax: 6716 5500 | Email: [contactus@nuhs.edu.sg](mailto:contactus@nuhs.edu.sg)

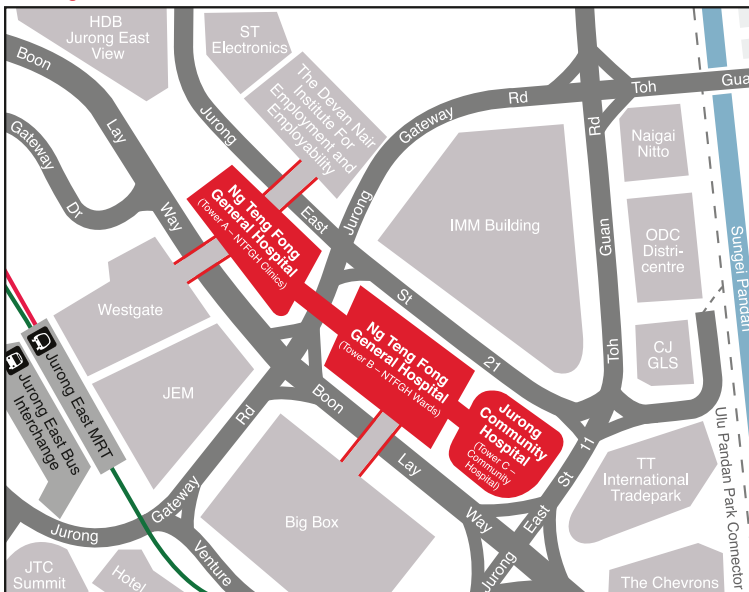
Appointment line: 6908 2222 (Monday – Friday: 8.00am – 5.30pm, Saturday: 8.00am – 12.30pm)

Fax: 6716 2200 | Email: [appointment@nuhs.edu.sg](mailto:appointment@nuhs.edu.sg)

Dental appointment line: 6716 2233 (Monday – Friday: 8.00am – 5.30pm)

Fax: 6716 2200 | Email: [JHCampus\\_Dental@nuhs.edu.sg](mailto:JHCampus_Dental@nuhs.edu.sg)

## Getting there



### By train

Alight at Jurong East MRT Station

### By bus

#### Jurong East Bus Interchange

41, 49, 51, 52, 66, 66B, 78, 78A, 79, 79A, 97, 97E, 98, 98M, 105, 143, 143M, 160, 160A, 160M, 183, 183B, 197, 333, 334, 335, 506

#### Along Boon Lay Way

49, 99, 333, Private bus service 625, 990

### Disclaimer:

The information in this brochure is meant for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek your doctor's advice before starting any treatment or if you have any questions related to your health, physical fitness or medical condition. Information is accurate at the time of printing.