Beth Israel Deaconess Medical Center
A teaching hospital of Harvard Medical School
330 Brookline Avenue
Boston, MA 02215
www.bidmc.harvard.edu

information

Peritoneal dialysis catheter surgery:
General discharge instructions

You have just had a peritoneal dialysis catheter placed in your abdomen. This sheet goes over some common questions or concerns you or your family may have.

In the next few weeks, you will be working with the peritoneal dialysis (PD) nurse to learn how to do your PD. If you have problems at home or any questions about your PD catheter, please call your PD nurse or one of the coordinators listed in the box. → →

☏ **Call if you have problems or questions:**

Regular business hours:

Access coordinator: 617-632-9817

OR

Your peritoneal dialysis nurse:

Name: _____

Phone number: _____

Evenings, nights, weekends, or holidays:

617-632-9700: Ask for "Transplant coordinator on call"

What to expect

- Some pain is normal.
- A small amount of drainage on your dressing is normal. If the dressing is soaked with blood, or if you see thick, yellow drainage on the dressing (pus), please call for advice.
- The area needs time to heal. Please take care not put strain on the area or disturb the dressing.

Dressings

- **Do not change or remove the surgical dressing.** You may put a clean gauze over the area if you wish. But do not take off the dressing that is there. Remember, if the dressing is soaked, please call for advice.
- In most cases, there are no stitches that need to be removed.
- Do not shower, take a tub bath, or allow the dressing to become wet until you speak with your PD nurse at your next appointment. (This should be in about 1 week.)
- If the dressing becomes wet, blood-soaked, or falls off, call for advice.

Medications

- You will be discharged with a prescription for pain medication. Please take as directed. The medicine should ease the discomfort at the site, although you will continue to feel some discomfort over the next few days. If pain at the site is severe, or if it does not get better with medicine, please call for advice.

- The pain medicine may cause constipation. Talk with your own doctor about whether you need to take a stool softener or mild laxative.

- We recommend that you do not take prescription pain medication for longer than 3 days. If you feel you need medicine for longer than 3 days, please call for advice.

- If you were taking blood-thinners such as aspirin or warfarin (Coumadin) before surgery, please talk with your doctor about when to resume this medicine. You should go back to taking any other medicines you were on before surgery.

Activity

- Avoid lifting anything that weighs more than 5 pounds for 2 weeks. This is about the weight of a Yellow Pages telephone book. This is important in order to avoid strain on the area of surgery.

- For the next 2 weeks, please do not strain when you are having a bowel movement. If you need a stool softener or laxative, please contact your doctor for advice.

- For the next 2 weeks, you should avoid any other activity that causes you to tighten your abdominal muscles. Talk with your PD nurse about when you may resume more heavy activities.

- Talk with your surgeon or PD nurse about when you may go back to work. This will depend on the kind of work you do.

- It's OK to drive when you feel ready, after you have stopped taking prescription pain medicine.

Take it easy for a few weeks

Your catheter insertion site needs time to heal. Please avoid activities that could put strain on the area. Talk with your nurse about when to resume these activities. For now, avoid:

- heavy housework
- straining to have a bowel movement
- lifting anything more than 5 pounds
- having sex
- heavy exercise or work-out routines (easy walking is OK)

At your next appointment, talk with your PD nurse about when you can resume these activities.

Call for advice if….

Please call us at the numbers listed on the front of this brochure if you notice any of the following:

- Abdominal pain that is not relieved by medication, or pain that is getting worse instead of better.
- Your dressing becomes saturated with blood. becomes wet, or falls off
- Thick, yellow drainage on your dressing
- Fever greater than 100° F or chills
- Increasing redness, swelling, or warmth on your belly
- You do not move your bowels for 3 days
- You have persistent nausea, vomiting, or abdominal pain

Follow Up Appointments

- You should make an appointment to see your PD Nurse in about 1 week.

  PD Nurse: _____ Phone number: _____

  Appointment date and time_____

- You should make an appointment to see your surgeon in about 2 weeks.

  Call **617-632-9700** for this appointment.

  Appointment date and time:_____

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MC0906 11/06