





# Peritoneal Dialysis Catheter Placement CareMap

*How to prepare and what to expect*

Before Surgery Day	Day of Surgery and Discharge
<p><b>What to Do</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Attend the “Dialysis Choices” class.</li> <li><input type="checkbox"/> Visit the Peritoneal Dialysis unit to find out where to go after your catheter is placed.</li> <li><input type="checkbox"/> Get any labs and chest X-rays done, as told by your clinic.</li> <li><input type="checkbox"/> Pick up your prescription for gentamycin cream. Bring the medicine to the dialysis center for your first flush.</li> </ul> <p><b>Flushes and Training</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> If you are using Northwest Kidney Centers (NKC) for your flushes and training, please call their Central Peritoneal Dialysis department at 206.292.2285 to confirm where to go.</li> <li><input type="checkbox"/> If you are using another dialysis provider, please call your kidney doctor’s office.</li> </ul> <p><b>Day Before Surgery</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Complete your pre-op hemodialysis, if needed. If you go to a nephrologist and dialysis center outside of UW Medicine, please talk with them about this.</li> <li><input type="checkbox"/> A staff person from the operating room will call you to remind you about what time to arrive at the hospital and where to go. If you are having your surgery on a Monday, you will receive this call the Friday before.</li> </ul> <p><b>Night Before Surgery</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Follow your pre-surgery instructions for showering the night before and the morning of surgery.</li> <li><input type="checkbox"/> After midnight, do <b>not</b> eat anything. You may drink <b>only</b> clear liquids.</li> </ul> 	<p><b>Before Surgery</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Do <b>not</b> eat anything. You may drink clear liquids up until 2 hours before surgery.</li> <li><input type="checkbox"/> Follow your pre-surgery instructions for your shower.</li> <li><input type="checkbox"/> Starting <b>2 hours</b> before surgery, do <b>not</b> drink anything.</li> <li><input type="checkbox"/> Follow your care team’s instructions about when to take your home medicines.</li> <li><input type="checkbox"/> You will have a blood draw on the day of surgery. This will be done either in the lab or in pre-surgery. We will tell you whether to go to the lab first when you arrive at the hospital, or to go directly to the surgery check-in desk. If you go to the lab first, check in at the window with a “Procedure” sign above it.</li> <li><input type="checkbox"/> While you are in pre-surgery, before you go to the operating room, the surgeon will mark where the catheter exit site will be and will show it to you.</li> </ul>  <p><b>After Surgery</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> You will be able to go back to your usual kidney diet after surgery.</li> </ul> <p>If you stay overnight in the hospital:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Use your <i>incentive spirometer</i> 10 times every hour while you are awake. This device expands your lungs and helps prevent pneumonia (lung infection).</li> <li><input type="checkbox"/> Wear <i>sequential compression devices</i> (SCDs) on your legs while you are in bed. SCDs help with blood flow and prevent blood clots.</li> </ul>  <p><b>Discharge Teaching</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Lifting restrictions</li> <li><input type="checkbox"/> Bathing restrictions</li> <li><input type="checkbox"/> Bandage removal</li> <li><input type="checkbox"/> Catheter care</li> <li><input type="checkbox"/> Who to call</li> </ul> 

## Week 1 After Surgery

- For **2 months** after surgery, do not lift anything that weighs more than 10 pounds. (A gallon of water weighs almost 9 pounds.)
- For **1 week**, you may have only sponge baths. Do **not** shower or cover the exit site with water until your NKC peritoneal dialysis nurse or your doctor tells you it is OK.
- Do **not** remove your bandage. Your NKC peritoneal dialysis nurse or surgeon will remove it after about 7 days.
- Read your discharge education teaching handout. Follow the instructions on catheter care and how to keep it clean, covered, and dry. Call the number on the handout if you have any problems with your catheter.
- Call your NKC peritoneal dialysis nurse if you have any questions or problems after discharge.

### Day After Discharge

- Your NKC peritoneal dialysis nurse will call to check on you.
- You will get a call from NKC to schedule your first catheter flush.

### 3 to 5 Days After Discharge

- Your first catheter flush will be done at NKC. Bring your gentamycin cream to every visit.

### 7 Days After Discharge

- Your NKC peritoneal dialysis nurse will remove your bandages and teach you how to care for the exit site.



## Questions or Concerns?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

### UW Medical Center Kidney Clinic Nurse:

- Call the UW Medicine Contact Center at 206.598.2844 any time of day, 7 days a week. Leave a message and we will call you back.
- Call 206.598.9116 weekdays from 8 a.m. to 4 p.m. After hours, leave a message with your phone number and we will call you back.

### Harborview Medical Center Kidney Clinic Nurse:

- Call 206.744.8998 (press 8) weekdays from 8 a.m. to 4 p.m.
- Call the UW Medicine Contact Center at 206.598.2844 any time of day, 7 days a week. Leave a message with your phone number and we will call you back.

### Northwest Kidney Centers Peritoneal Dialysis:

- Call 206.292.2285.
- Visit [www.nwkidney.org](http://www.nwkidney.org).

### Other dialysis providers:

- Call your kidney doctor's office.