Surgical insertion of CAPD catheter

This information aims to assist you and your family prior to your admission for insertion of a CAPD (Tenckhoff) catheter. This will take place on the Adult Day Surgery Unit (Level 3 South Block) at the Royal Berkshire Hospital. If you require further information or have any questions, please do not hesitate to contact the nursing staff on the CAPD Unit on 0118 322 8555.

Preparing for the procedure

- Skin swabs will be taken to detect *Staphylococcus aureus*, which is a naturally occurring bacterium that lives on the skin. It is present in approximately 30% of the population; if the swabs are positive you will be prescribed a nasal cream and antibacterial wash for 5 days leading up to catheter insertion.
- You will start taking docusate sodium (stool softener) and senna (stool stimulant). This promotes a regular bowel habit prior to the catheter insertion. A regular bowel habit reduces the risks of CAPD catheter failure caused by constipation.
- You will have been seen for a pre-op general anaesthetic (GA) assessment, where you will have been deemed fit for a general anaesthetic. You will be given advice at this assessment regarding your medications leading up to CAPD catheter insertion (Aspirin, Warfarin, Clopridigril and diabetes medications). If you are on blood thinning or antiplatelet medications, sometimes these will need to be stopped up to 14 days before the procedure – every case is different, so if you haven't been given any advice about whether to stop your blood thinning medication please contact the CAPD team as soon as possible by telephoning 0118 322 8555. Please also refer to the Trust leaflet called 'Interrupting blood thinning or anti-platelet drugs for a procedure or operation'.
- **Stop docusate sodium and senna 48 hours prior to the catheter insertion.** Take one sachet of Picolax – a powerful bowel clearing medicine. Clearing the bowel assists in the catheter insertion and minimises any associated risks.
- Mix Picolax with a small glass of water and stir. Drink once it has stopped fizzing (it will get warm). **It will often work within approximately two hours and is quite powerful so make sure you are near a toilet.**
- It is important to take the bowel clearing medicine even if you have a regular bowel habit. A clear bowel makes the procedure easier and safer. **If you are known to have any existing bowel problems or are already experiencing loose stools (poo), inform the nursing staff so that alternative arrangements can be made.**

You will also be asked to have the following:

- Blood tests 1-3 days before the procedure.
- If first sachet of Picolax has not worked, there may be a need to use a second sachet **but only after discussing with the nursing team**.

- A physical assessment by a renal nurse to check your general health.
- The evening before or the morning of the procedure you will be asked to shower using an antibacterial wash. This will be provided by the unit when you attend your pre-procedure assessment appointment.

Useful items to bring with you

- A packed lunch – drinks will be provided.
- Something to keep yourself occupied.
- Medications in their original packaging.
- A dressing gown.
- An overnight bag with nightclothes and toiletries. These are suggested as a precaution, in case the consultant wishes you stay for overnight monitoring. The majority of cases are discharged home the same day between 4-5pm.
- Pyjama bottoms, tracksuit bottoms or leggings for your comfort and dignity.

On the day of the procedure

- You will be advised by the nursing staff beforehand about fasting times (nothing to eat or drink) from _____am. Take any essential tablets with only a very small amount of water. The nurses will advise you when you come for your pre-procedural assessment which tablets to take.
- You will be admitted for the procedure in the Adult Day Surgery Unit (ADSU) on Level 3 in South Block.
- It would be helpful if you could note where your waistband and your underclothes sit and to have given some thought as to where you would like the catheter positioned. The CAPD nurses will mark where your catheter will be placed.
- Immediately before the procedure, you will be asked to empty your bladder.
- On admission you will have a cannula (a fine tube) usually inserted into the back of your hand, through which you will be given a dose of antibiotics.

Inserting the catheter

The procedure will be performed under general anaesthetic. This means you will be asleep throughout and wake up in the recovery room. The Tenckhoff catheter is inserted into the peritoneal cavity (abdominal space) through a small cut (about 5cm) in the middle of your abdomen.

The procedure will take place in theatre, from where you will be moved to the recovery area. When you wake up sufficiently, you will then be transferred back to the ADSU.

Regular blood pressure and pulse will be taken and the exit wound checked during this time.

Most people go home around 4-6 hours following the procedure. You will usually be able to go home late afternoon of the same day, as long as you have an adult to remain with you overnight. If not, or because of a clinical reason, an overnight stay may be necessary.

It is not safe for you to travel home on public transport so it is important that you arrange for someone to collect you by private car or taxi.

Side effects

There may be some bruising or a small amount of bleeding from the wounds. Occasionally, the tube does not work well enough for dialysis and has to be removed.
The majority of people have no problem during or after the procedure and have a successful working CAPD catheter for dialysis.

Wound care and pain relief

You will have two wounds, a site where the catheter exits the abdomen and the incision site where the catheter was introduced. The stitches are dissolvable, the wounds will need to be checked and redressed regularly.
We do not routinely provide painkillers to take home so we would recommend that you make sure you have a supply of *Paracetamol*, which can be taken as directed on the packet. **We generally recommend that any renal patient avoid anti-inflammatory drugs** (e.g. *Ibuprofen Nurofen* and *Brufen)* as this group of drugs can be damaging to remaining kidney function. Any tablets containing *codeine* should be avoided to prevent catheter malfunction.

Driving

You should not drive for at least two weeks while the wound is still healing. It is advisable to check with your motor insurance before resuming driving.

Personal hygiene

The abdominal wounds must be kept clean and dry. Avoid bathing and showering for approximately two weeks post procedure; please discuss this with the CAPD staff at each review. The wounds need to have healed prior to any showering to minimise the risk of infection. Always ensure the exit wound is covered and the catheter is well anchored to prevent pulling.

At home

It is important that you rest as much as possible to aid healing and enhance the efficiency of the catheter. **Do not lift heavy objects.** It is important to maintain regular bowel movements and avoid constipation to prevent catheter malfunction.

Going back to work

Ideally, it is best to rest as much as possible although we do encourage you to resume your usual daily activities. How you feel is very individual and we recognise the fact that some people require more time off than others. You are the best judge of how you feel.

When do I start dialysis?

When you start dialysis will depend on your blood results and how you feel.
Ideally, we like to rest the abdomen for 1-3 weeks prior to starting CAPD but this is not always possible. Your training will take place on a daily basis on the CAPD Unit at the Royal Berkshire Hospital, usually two weeks after your catheter was inserted. The training will take approximately one week. Please make plans for storing your dialysis fluid and supplies. The delivery will be made within a few days of the catheter being inserted.

What else will I need prior to starting dialysis?

- A wipeable surface (e.g. a plastic tray).
- Digital bathroom scales.
- A hook to hang up the dialysis fluid.

If you have further questions following this information handout, please do not hesitate to ask the CAPD staff.

Contacting us

If you have any problems queries or concerns, please call the **CAPD Unit (Albert Ward) on 0118 322 8555**, Monday to Friday 9.30am-5pm. If we are unable to come to the phone, please leave a message and we will get back to you as soon as we can.
In an emergency outside these hours, please call **Victoria Ward on 0118 322 8882 / 7476**, where the nurses will be able to advise you.
Adult Day Surgery Unit Tel: 0118 322 7622 (7.30am to 10.00pm Monday-Friday).

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

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