



**Royal Berkshire**  
NHS Foundation Trust

# Starting Peritoneal Dialysis

Information for patients

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Your blood results are now at a level that means you need dialysis to keep you well. To help you make the transition from pre dialysis to peritoneal dialysis there are a few changes that you need to be aware of.

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We will ensure that we have swabbed your nose and throat to make sure that if you have any bacteria (bugs) on your skin we try to get rid of them before you start dialysis to reduce the risk of introducing infection into your blood. This is done by using special soap and nasal cream for five days.

Your GP will be asked to prescribe two laxative tablets (medication to empty your bowel) for you to start taking from now on. It is really important that you take these, even if you have a regular bowel habit, to ensure that the catheter sits in the correct position. We will also give you a sachet of a medication called *Picolax*, which is a powerful laxative; once your operation date is confirmed we will ask you to take it 2 days (48 hours prior to your procedure). Mix in half a glass of water. It will fizz and become warm. Once it has stopped fizzing please drink it. It is best taken first thing in the morning and can start working within 1-2 hours. It is powerful so we would recommend that you remain near to a toilet. You do not need to take the laxative tablets that day or the following 2 days.

You will be asked to come for a pre operative assessment with the doctor usually the day before the procedure to insert the catheter into your abdomen. Where possible you will meet your named nurse who will be responsible for your care both when you come in for the procedure and during your initial training. Your named nurse and the rest of the PD nursing team will take over your care from the kidney care nurses and they will be your point of contact.

In preparation for starting dialysis at home after your training we would advise you to ensure that you have bathroom scales and a plastic tray.

Also think about where you are going to store the dialysis fluid and clear a space if needed as this will be delivered soon after the catheter is inserted.

For those of you who have regular Epo injections we ask you to continue taking these as you do now. Some of your other medications may change. The doctors will tell you when to stop taking the Sodium Bicarbonate and will possibly reduce the tablets for your blood pressure and the water tablets.

You may already be on dietary and/or fluid restrictions; these may change as you become established on dialysis. The dieticians will use your blood tests to advise you on the most appropriate diet for you and will see you whilst you are learning how to carry out the dialysis.

You will no longer need to attend the low clearance clinic. An appointment will be made for you to attend the dialysis clinic soon after you have started dialysis treatment. You will need to ask for a new dialysis awareness card so that the information on it is relevant to your new treatment.

It is important to remember that it may take a few weeks before you begin to feel better as you adjust to the changes in your blood result levels and the new dialysis routine. If you have any concerns or need advice please contact the CAPD unit. Your nursing care will now be handed over to the PD nurses.

The Kidney Care Team wish you well with your treatment and will catch up with you from time to time to see how you are getting on.

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and formats upon request.

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