

Your new Tenckhoff catheter

Now that you have had your Tenckhoff catheter inserted, you will be seen regularly in the CAPD Unit. We will check and re-dress your wound and catheter exit site, monitor your blood tests and blood pressure. This is usually done once or twice a week depending on the blood test results and how you are feeling.

Useful advice

Pain relief – We do not routinely provide painkillers to take home so would recommend that you make sure you have a supply of Paracetamol, which can be taken as directed on the packet. Renal patients are generally advised to avoid anti-inflammatory drugs such as 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.

- If you become unwell with abdominal pain or an unexplained temperature, please contact the CAPD Unit during office hours or Victoria Ward at evenings or weekends. (numbers at end of leaflet). You may have an infection that will require antibiotics, which your GP will not be able to prescribe.
- Having prepared your bowel prior to your catheter insertion it is important to prevent constipation. Restart docusate sodium 100mg twice daily and 2 senna tablets at night regularly after your catheter has been inserted. If you have any further problems, please talk to the nurses when you come for your review.
- It is important to keep your dressings dry in order to help your wounds to heal. You should not bath or shower for approximately 2 weeks. Please check with the nurses when it is safe to do so. If your dressings work loose, wash your hands thoroughly then remove the dressing and replace with a new one. You don't need to clean the wound.
- Driving - You should not drive for at least 2 weeks while the wound is still healing and it is advisable to check with your motor insurance before resuming driving.
- You do not need to see the doctors in the outpatient clinic until after you have started your CAPD at home. If you have any outstanding appointments please let us know and we will cancel them and then make one once you are about to begin your dialysis at home.

What happens next?

Your dialysis fluid will be delivered within the next couple of weeks. The company that supplies the fluid will inform you of the date. It is important to clear a space where it can be stored. It must be dry and large enough to store approximately 40 boxes, stacked not more

than 5 high. If you would like to see the box size or have any questions please ask one of the nurses in the CAPD Unit.

Learning to do CAPD

We will start your dialysis as your general health, blood results and wounds indicate. Normally, this is between 2-3 weeks from when your catheter was inserted. You will learn to carry out the treatment in the CAPD Unit. Training usually starts 1 week from insertion and lasts for about 4 hours per day and will continue for as many days as is necessary until you are confident to carry on at home.

If you would like to bring a partner, friend or relative with you they are most welcome.

What will happen during training?

- You will learn to perform dialysis exchanges.
- You will discuss fluid management.
- You will discuss hygiene and infection prevention.
- You will have a consultation with the dietitian.
- You will have your medical records updated.

We are unable to supply refreshments but you are welcome to bring your own or you may like to visit the hospital restaurant or tea bar. You may also like to bring some reading material. It is essential for those that wear glasses that you bring them for the training. Please do not bring any unnecessary valuables and money into hospital with you.

Getting to the unit

Albert Ward (1st Floor) can be found in the North Block of the hospital, London Road entrance. There is a charge for parking but for the training period **only** we are able to provide you with a parking permit. Disabled access from the North Block car park to the ward is via the Berkshire Cancer Centre, the entrance can be found in the right hand corner of the car park as you look at the building. You can also park in the main pay and display multi storey car park in Craven Road.

If there is no one who can bring you and you are unable to use public transport, please speak to the nurses who can arrange hospital transport for your training. We encourage patients to make their own transport arrangements either with a friend/relative or on public transport - the ambulance service is a very limited resource and you may have to wait for some time before being collected to be taken home afterwards. However, if you are unable to get to the hospital yourself, please speak to the nursing staff – you need to give at least 48hrs working days notice when requesting this.

If you have any problems queries or concerns do not hesitate to call the nurses in the CAPD Unit. (Tel: 0118 322 8555) We are open Monday to Friday 9.30am – 5.00pm. 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 0118 322 8882 where the nurses will be able to advise you.

Department of Renal Medicine (Albert Ward)
Telephone: 0118 322 8555
Fax: 0118 322 8771
Out of Hours/ Bank Holidays – Victoria Renal Ward 0118 322 7476

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This document can be made available in other languages and formats upon request.

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