



# Your new Tenckhoff catheter

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**This leaflet gives important advice following the insertion of your new Tenckhoff catheter for continuous ambulatory peritoneal dialysis (CAPD).**

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## What next?

Now that you have your Tenckhoff catheter, we will see you regularly in the CAPD Unit to 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 blood test results and general health.

## 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 (Albert Ward) during office hours or Victoria Ward at evenings or weekends. (numbers on next page). These symptoms may indicate that you have an infection requiring antibiotics, which your GP will not be able to prescribe.**
- Having prepared your bowel prior to your catheter insertion, it is important that you avoid constipation. Restart docusate sodium 100mg twice daily and two senna tablets at night regularly after your catheter has been inserted. If you have any further problems with constipation, 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 two 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 two weeks while the wound is still healing. 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 an appointment once you are about to begin dialysis at home.

## Supplies

Your dialysis fluid will be delivered within the next couple of weeks. The company that supplies this 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 CAPD nurses.

## Learning to do CAPD

We will start your dialysis as your general health, blood results and wounds indicate. Normally, this is around two to three weeks after your catheter was inserted. You will learn to carry out the treatment in the CAPD Unit. Training usually starts one week after insertion and lasts for about four hours a 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 something to occupy yourself. It is essential for those who 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 is on the first floor in North Block (opposite the London Road entrance). There is a charge for parking but **for the training period only**, we are able to cover the costs, but you will need to register your car registration on King Edward Ward or Benyon Dialysis Unit) in North Block. 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 old building. You can also park in the main multi storey car park in Craven Road (pay on exit).

If there is no one to 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 has very limited resources 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 48 hours' notice (working days) when requesting this.**

## 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.

To find out more about our Trust visit [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

<b>Please ask if you need this information in another language or format.</b>
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