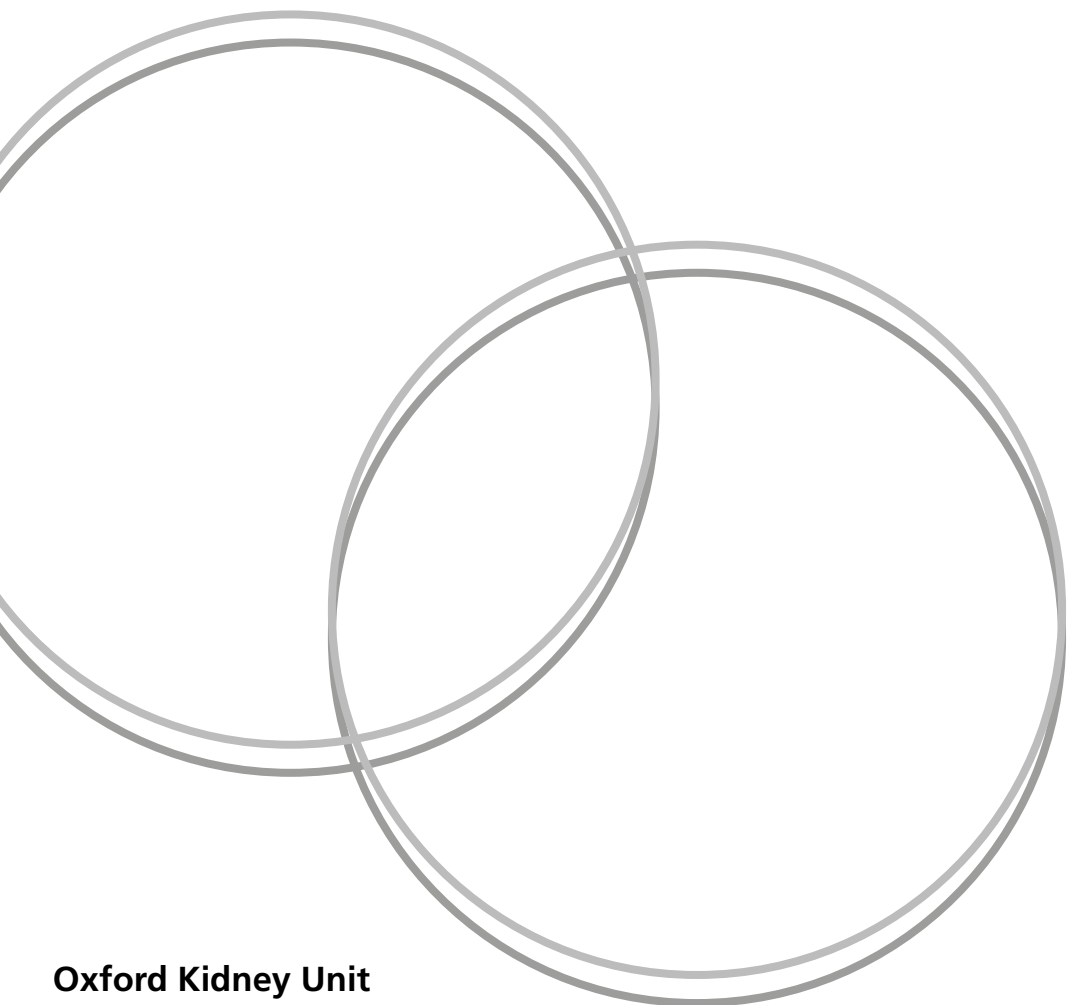




Oxford University Hospitals
NHS Foundation Trust

Preparing for Peritoneal Dialysis at home

Information for patients



Oxford Kidney Unit

You have been given this leaflet as you are needing to start peritoneal dialysis (PD). It will help you get ready for the training and guide you on what equipment you will need. You would have already discussed with your PD nurse which PD system you would prefer when they came to visit you at home. Though sometimes only a particular system will work, a PD nurse will explain this to you before they organise the training.

You will need to give consent for the PD company to contact you before supplies are delivered to your home.

A PD nurse will come to your home to teach you how to safely and confidently do your PD. Please allow up to three days for training. These dates will be arranged with you once we have checked your PD catheter is working well and you need to start dialysis. If you prefer, you can have a family member who can also learn how you will do your PD. We will also give you a training guide that explains PD in more detail.

Please ensure you are free from commitments/appointments on these days, so you can focus on your training. The day usually starts around 10am and finishes about 4pm. Your PD nurse will leave you at lunchtime to give you a break and time to eat. They will then return for the afternoon to continue training.

You may start on smaller volumes or less days which we call incremental PD. We will continually assess how you feel, what your blood results show and may make changes to your PD if needed.

What equipment or supplies will I need to get before starting PD?

Everyone starting PD will need:

- **A melamine tray.** This is used for routine exit site care and for your dialysis. These trays are easy to clean and should be large enough to accommodate the equipment. 44cm x 33cm or similar is a good size tray.
- **A blood pressure monitor.** If you do not have one, we will provide you with one. We prefer you to use an arm monitor rather than wrist.
- **Digital electronic bathroom scales.** These need to weigh in kilogrammes in 0.1kg increments.

Your dialysis will need to be carried out in a clean dust free area to minimise the risk of infection. You will need access to a basin/sink to perform your handwashing.

For people starting manual day time bags (CAPD) you will also need:

- **A suitable hook** to hang the PD bags, this can be a sturdy coat stand or hook-on a wall. You will also need a suitable surface to place the tray/bags on, at a suitable height. This can be discussed with your PD nurse before you start training.

For people starting on the overnight machine (APD) you will also need:

- A small chest of drawers or trolley with a suitable surface that can be wiped clean. This needs to have a suitable surface and be large enough to accommodate the machine and enough space for extra PD bags which lay next to the machine. A low 3 drawer dresser/trolley is a good choice measuring approx. 80-90cm wide. It should be no higher or lower than 15-20cm above/below your bed height.

The Baxter Homechoice Claria machine uses a modem with the machine so you will need 2 sockets available to plug these in, so you may need an extension lead.

Example of overnight machine layout



What happens to the waste fluid if I am on overnight dialysis?

The waste fluid can be placed into:

- PD bags which are emptied and thrown away after the treatment has finished.
- Or a drain line that sits just inside the toilet bowl or shower tray, so the waste fluid goes directly into the toilet.

Some of this will also depend on how far the machine is from your toilet and who uses your toilet.

How much stock will I get?

Your PD stock will be delivered to your house a few days before you start PD. It will need to be stored in a clean, dry area i.e., garage, shed or in the house that you have easy access to.

If no one will be home to accept the delivery the PD company can arrange a key holding service.

Both companies also provide you with all the supplies you need to do your PD. This will include, hand wash and gel, exit site care (but not your antibiotic ointment/cream), caps and machine supplies.

A 4 weekly delivery will need the space the size of a small bedroom.

A 2 weekly delivery will need ½ the space of the 4-weekly delivery.

What will happen at the training?

Your PD nurse will show you how to do the PD procedure. You will be given a step-by-step procedure sheet to follow that you keep. You will be given time to practice and become familiar with the dialysis equipment and set up. We will use a 'dummy' tummy, so you are able to practice set up and exchanges, this will let you gain confidence before you dialyse with your PD catheter.

Please do not worry, we will give you time to learn at your own pace. The PD nurses are experienced at helping people learn new procedures.

If you are struggling, we have many ways of helping you.

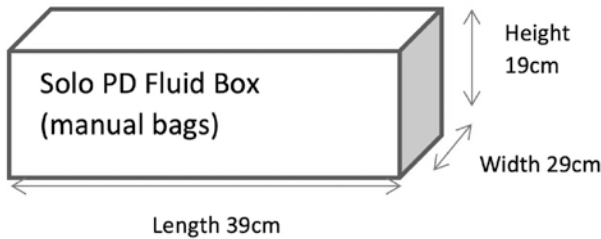
We will also cover fluid balance, troubleshooting, ordering of your stock and who to contact if you have any problems. If you have not yet been taught how to look after your exit site, we will cover this at the training.

How big are the supplies?

This section tells you how large the boxes are and the dimensions for each PD system, if you are not sure which system you will be using, please check with your PD nurse.

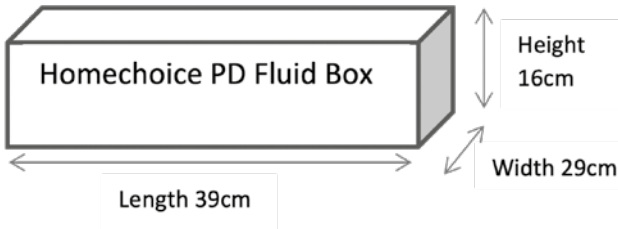
Baxter

Manual bags – Solo (CAPD)



Weighs approx. 10kg
Bag size 2000mls

Overnight machine – Homechoice Claria (APD)



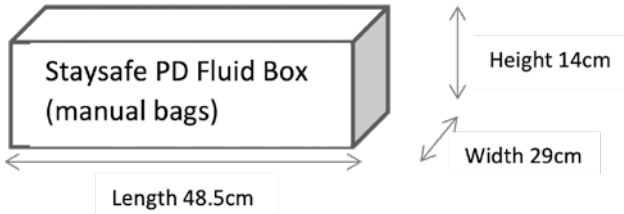
Weighs approx. 10kg
Bags sizes 2000mls, 2500mls, 5000mls



Weight approx.
13.5 kg without the case

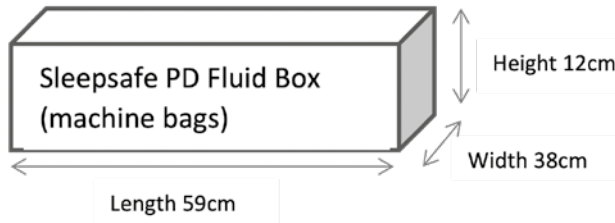
Fresenius

Manual bags – Staysafe (CAPD)



Weighs approx. 8kg
Bags sizes 2000mls

Overnight Machine – Sleepsafe Harmony (APD)



Weighs approx. 10kg
Bags sizes 5000mls



Weight approx.
19.8kg without the
case

Contacts

Oxford Peritoneal Dialysis (PD) Unit

Tel: **01865 225 792**

(8am to 6pm, Monday to Friday)

Email: **pd.team@ouh.nhs.uk**

(between 8.30am and 4.30pm)

Wycombe PD unit

Tel: **01494 426 349**

(8am to 6pm, Monday to Thursday)

Swindon PD unit

Tel: **01793 605 288**

Email: **RenalPDSwindon@oxnet.nhs.uk**

(8am to 6pm, Monday to Friday)

Milton Keynes PD unit

Tel: **01908 996 465**

(8am to 4pm, Monday to Friday)

Email: **RenalPDMiltonKeynes@oxnet.nhs.uk**

The PD nurses may be visiting people at home, so all units have an answerphone telling you who to contact if no one is available.

Useful websites

Oxford Kidney Unit

Lots of information about the Oxford Kidney Unit for patients and carers.

Website: **www.ouh.nhs.uk/oku**

Kidney Patient Guide

Information for patients with kidney failure and those who care for them.

Website: **www.kidneypatientguide.org.uk**

Kidney Care UK

A charity which has lots of practical support and information for people with kidney disease.

Website: www.kidneycareuk.org

Six Counties Kidney Patients Association

The SCKPA is run for patients by patients or family members.

They offer support to people suffering from kidney disease or who are on dialysis. They work closely with the Oxford Kidney Unit and have branches in Oxfordshire, Northamptonshire, Buckinghamshire, and Milton Keynes, and parts of Wiltshire, Gloucestershire and Berkshire.

Website: www.sixcountieskpa.org.uk

National Kidney Federation

A charity which has lots of practical support and information for people with kidney disease.

Website: www.kidney.org.uk

Health for Me (patient portal)

Health for Me enables you to access to your digital health record via the OUH Patient Portal. It is an online system so you can easily view parts of your digital health record safely and securely from a computer or smartphone. If your bloods are taken by the Oxford Kidney Unit you will be able to see these results. We can give you a leaflet that will help you understand the results.

Please ask a member of the renal team to sign you up to the patient portal.

Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

Author: Sally Bond, Deputy Sister, Peritoneal Dialysis
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Patient Advisory Panel March 2022

June 2022

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Oxford University Hospitals NHS Foundation Trust
www.ouh.nhs.uk/information



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