

## Contact Us

For enquiries or clarification, please call:

**During office hours (8am to 5pm):**  
Contact the dialysis nurses in CKC at  
+65 6772 2405.

**After office hours or weekends:**  
Contact the dialysis nurse on-call at  
+65 9724 9446.

## Other Instructions

The information provided in this publication is meant purely for educational purposes and may not be used as a substitute for medical diagnosis or treatment. You should seek the advice of your doctor or a qualified healthcare provider before starting any treatment or if you have any questions related to your health, physical fitness or medical condition.

### About the Khoo Teck Puat – National University Children’s Medical Institute (KTP-NUCMI)

The KTP-NUCMI is the paediatric arm of the National University Hospital and comprises the Departments of Paediatrics, Paediatric Surgery and Neonatology. We provide comprehensive and specialised medical and surgical services for newborns, children and adolescents. NUH is the only public hospital in Singapore that offers paediatric kidney and liver transplant programmes. Through a generous gift from the Estate of Khoo Teck Puat, we have set up an integrated outpatient facility with medical, diagnostic and rehabilitation services.

For more information about us, visit [www.nuh.com.sg/ktp-nucmi](http://www.nuh.com.sg/ktp-nucmi).

### Contact Us

#### 24-hour Children’s Emergency

Location: NUH Main Building, Zone F, Level 1  
General Enquiry: +65 6772 5000

#### KTP-NUCMI

Location: NUH Main Building, Zone E, Level 2  
(Accessible via Kent Ridge Wing, Zone C, Level 2, Lift Lobby C)  
Operating Hours: 8.30am – 5.30pm (Mon to Fri), 8.30am – 12.30pm (Sat)  
General Enquiry: +65 6772 5736 Appointment Line: +65 6908 2222  
Email: [ktpnucmi\\_appt@nuhs.edu.sg](mailto:ktpnucmi_appt@nuhs.edu.sg)

#### 9a Viva-University Children’s Cancer Centre

Location: NUH Medical Centre, Zone B, Level 9  
Operating Hours: 8am – 5.30pm (Mon to Fri)  
Appointment Line: +65 6772 5030 Fax: +65 6872 4314  
Email: [cbccappt@nuhs.edu.sg](mailto:cbccappt@nuhs.edu.sg)

#### NUH Children’s Urgent Care Clinic @ Bukit Panjang

Location: Junction 10, 1 Woodlands Road, #01-22, Singapore 677899  
Operating Hours: 9am – 11pm daily (including public holidays)  
General Enquiry: +65 6219 1538 Email: [childrenucc@nuhs.edu.sg](mailto:childrenucc@nuhs.edu.sg)  
Website: [www.nuh.com.sg/ucc](http://www.nuh.com.sg/ucc)

#### NUH Child Development Unit @ JMC

Location: Jurong Medical Centre, 60 Jurong West Central 3, Level 2, Singapore 648346  
Operating Hours: 8.30am – 5.30pm (Mon to Fri)  
Appointment Line: +65 6665 2530/2531 Fax: +65 6665 0158  
Email: [cdu@nuhs.edu.sg](mailto:cdu@nuhs.edu.sg) Website: [www.nuh.com.sg/cdu](http://www.nuh.com.sg/cdu)

#### NUH Child Development Unit @ Keat Hong

Location: Keat Hong Community Club, 2 Choa Chu Kang Loop, #03-01, Singapore 689687  
Operating Hours: 8.30am – 5.30pm (Mon to Fri)  
Appointment Line: +65 6769 4537/4637 Fax: +65 6665 0158  
Email: [cdu@nuhs.edu.sg](mailto:cdu@nuhs.edu.sg) Website: [www.nuh.com.sg/cdu](http://www.nuh.com.sg/cdu)

#### National University Hospital

Location: 5 Lower Kent Ridge Road, Singapore 119074  
Tel: +65 6908 2222 Email: [contactus@nuhs.edu.sg](mailto:contactus@nuhs.edu.sg)  
Website: [www.nuh.com.sg](http://www.nuh.com.sg)



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Information is correct at the time of printing (October 2022) and subject to revision without prior notice.

# Discharge Instructions for Post Peritoneal Dialysis Catheter Insertion



# Dear Patient / Caregivers,

This brochure contains discharge instructions on the care required after you/your child has undergone catheter insertion for peritoneal dialysis.

## Activities and Sports

- Avoid strenuous activities or exercises that can cause the pulling or tugging of the catheter.
- The doctor or dialysis nurses will keep you updated on when you/your child can resume regular activities.



## Nutrition and Diet

- Adhere to a low salt and phosphate diet as advised by the doctor or dietitian.
- Restrict fluid intake to \_\_\_\_\_ ml per day.

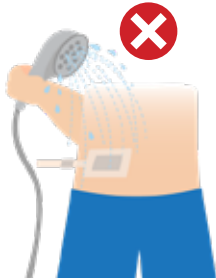


## Medication

- You/your child will be required to take a list of medications when on dialysis. It is important to keep an up-to-date list and to play your part in knowing the medications, the dosage and what they are for.
- Always check with the doctor or dialysis nurses before taking other medications.
- Go through the discharge medication with the ward nurse or pharmacist. Clarify with them if you are unsure why the medications are prescribed to you/your child.

## Wound and Exit Site Care

- Keep the wound and exit site dressings clean and dry at all times until the next review with the dialysis nurses.
- Do not wet the dressings and do not shower until further instruction is given by the dialysis nurses. Use a damp cloth to wipe the chest and abdomen area.
- Please contact the dialysis nurses immediately if the dressings are wet or soiled by accident.



## Catheter Care

- Secure the catheter to the skin of the abdomen at the exit site with tape as taught by the dialysis nurses. This will help prevent it from twisting and being moved or pulled out.
- Avoid scratching and pulling at the catheter.
- Avoid sleeping on the catheter site.
- Avoid wearing tight clothing.
- Do not disconnect any tubing, connectors, clamps from the catheter. If the catheter becomes disconnected, please contact the dialysis nurses immediately.

## Pain Management

- You/your child will be given painkillers for consumption when necessary, upon discharge. However, if the pain is not relieved, please contact the dialysis nurses.

## Contact the dialysis nurses immediately if you/your child experiences:

- Increasing abdominal pain
- Foul smelling discharge from the exit site
- Wet or soaked wound or exit site dressing
- A fever of 38°C and above



## Special Instructions and Follow Up

- The dialysis nurse will check the dressing on the day of your/your child's discharge or 1 day prior to discharge.
- You or your child will be required to see the dialysis nurse for dressing and catheter flushing on:  
i. Date: \_\_\_\_\_ at \_\_\_\_\_ am / pm  
ii. Date: \_\_\_\_\_ at \_\_\_\_\_ am / pm
- You/your child will be admitted for the training of peritoneal dialysis. Training dates will be advised by the dialysis nurses.



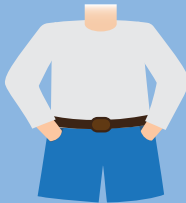
## Reminders



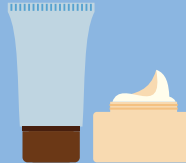
Do not shower until instructed by the dialysis nurses.



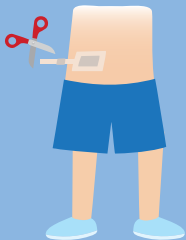
Do not soak in the bath tub.



Do not place belt on the exit site or wear tight clothing.



Do not apply powder or ointment on the exit site unless ordered by the doctor.



Do not use scissors around the tube.



Do not scratch the exit site.



Do not pull or twist the catheter.