

Care of your Haemodialysis Catheter - A guide for patients and carers

Renal Unit

Introduction

This leaflet tells you about how to look after your Haemodialysis Catheter (Line) at home.

After Insertion

Will I have any Pain

Following insertion of the line you may experience some bruising, swelling and pain around the area.

Paracetamol may be taken for this and the bruising and swelling should fade in one to two weeks.

Can I exercise as normal after having my line put in?

Immediately following insertion and for 24 hours after you should avoid exercise, after this time you can then start to exercise as you normally would have done.

What are the immediate complications that might happen?

The most common complication following your line insertion is localised bleeding around the exit site (where the line exits the skin).

If this happens you should press over the area with a clean hand towel or handkerchief and contact us at the Renal Unit on 01902 694010 during opening hours

(07:15 to 19:15 Tuesday, Thursday and Saturday / 07:15 to 22:45 Monday, Wednesday and Friday).

Outside of these hours contact the Renal ward on 01902 694015 and explain the problem to them. The above also applies in the unlikely event that your line falls out.

What about the stitches?

If you have stitches in your groin or neck these will be removed in 7 to 10 days. The sutures around the catheter will be removed after three to four weeks to allow the catheter to anchor under the skin.

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

Ongoing Care

How can I prevent an Infection?

Once the dialysis line has been inserted there is a risk that infection can spread from the catheter into the bloodstream causing a blood infection (Septicaemia). This is unlikely to happen at the time of the dialysis line insertion. You will be given some antibiotics whilst you are on the dialysis machine to prevent this happening. Infection can also be prevented by strict adherence to the care of your line which is only carried out by appropriately trained dialysis nurses.

- You may shower as long as your exit site is covered with the waterproof dressing which the nurses will put on
- You may have a bath but avoid immersing the catheter in the water - showering is preferred as there is a lower infection risk
- Avoid swimming as there is a high infection risk
- Always use a clean towel to dry yourself avoiding the catheter area
- Having a line in should not affect your sex life but to minimise the risk of damage to your line make sure it is secure before making love
- Impact sports such as rugby and also sports such as tennis or golf or vigorous gym exercise are discouraged as there is a risk that your line may come dislodged because of upper body movement; if in doubt ask your nurse or doctor
- If you develop a rash around the catheter or you experience irritation please discuss this with your nurse as we may be able to find an alternative dressing for you
- Your dialysis line must only be used for dialysis. Do not let anyone else including hospital staff use your dialysis catheter for anything else.

The exit site of the catheter will be covered with a clear plastic dressing which can remain in place for up to 7 days. Please do not replace the dressing yourself, if necessary the nurse will do it when you attend the Renal Unit.

Your catheter will be checked each time you come for dialysis and the exit site inspected for any signs of infection (redness, swelling, oozing).

If the nurse thinks there might be an infection a swab will be taken and you may receive some antibiotics. If you are experiencing pain around the catheter or in your neck please tell your nurse as this may be another sign of infection.

You will also have your temperature taken each dialysis session.

At the end of each dialysis treatment your line will be flushed with a solution to prevent infection and stop clots forming in the catheter lines.

The line will be clamped and caps put on the ends.

- You must never remove the caps from the ends or unclamp the lines as this may lead to bleeding from the line or air being sucked in to the catheter, both of which can be fatal.

During Haemodialysis

- Please do NOT tamper with your lines and connections. Any line disconnection could result could result in serious blood loss and a potentially life threatening situation
- Your dialysis access site and connections must be visible at all times and these will be checked regularly throughout your dialysis
- If you are using a blanket, your face and access site must remain visible. Obviously your personal dignity will be maintained
- If there are any problems with your line whilst on dialysis you must call a staff member to attend to you and NEVER attempt to resolve the problem yourself.

What if my line breaks or leaks?

In the unlikely event that your line cracks or leaks do not worry - try to clamp or pinch it above the damage and contact the Renal Unit or Emergency department immediately.

What if I feel unwell?

If you become unwell, either on the dialysis unit or at home you may have an infection. If you feel unwell at home telephone the Renal Unit or Renal ward.

The symptoms are like having the Flu including a temperature and sometimes the shakes - particularly when on the machine.

If you have chest pain, severe shortness of breath, a severe rash or any severe symptoms causing you distress you should ring 999.

The infection may have entered your blood stream (Septicaemia) and can be very serious; sometimes people can die from this condition. If it is thought that you might have Septicaemia some blood will be taken to test for infection. You might be admitted into hospital, have some antibiotics and your line may be removed.

If you are worried, have any questions or need some advice please call the Renal Unit on: 01902 694010

Monday, Wednesday, Friday 07:15am-22:45pm. Tuesday, Thursday Saturday 07:15am-19:15pm.

Renal ward C24: 01902 694015 07:15am-19:15pm and all day Sunday.

Renal ward C25: 01902 694016 07.15am-19:15pm and all day Sunday if you are female.

Alternatively

Renal ward C17: 01902 694021 07:15am-19:15pm and all day Sunday

Emergency department can be contacted via Switchboard on 01902 307999

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。