



Renal Access Clinic of Houston
Caring for Your Dialysis Lifeline

POST-Operative Instructions for Catheter Insertion/Exchange

1. The day you have your catheter inserted/exchanged, avoid any strenuous activity that could cause pressure and possibly lead to bleeding (i.e. heavy lifting, exercising)
2. Do not lay down flat for 4 hours following the removal of the catheter. Sit up at least at a 45 degree angle (such as in a recliner or propped on several pillows in the bed)
3. Contact your kidney doctor. if you experience the following:
 - a excessive bleeding
 - b excessive swelling, heat or pain at the exit site
 - c Chills or fever over 101 degrees occurring within 24 hours of procedure.
4. Watch for bleeding from the exit site. If the site begins to bleed, apply constant pressure for at least 30 minutes to 1 hour until bleeding stops. If you are unable to get the site to stop bleeding, call 911 and go to nearest emergency department.
5. Do not EVER get the catheter site wet!! Do not shower, bathe or go swimming. You should bathe in a manner that the catheter will not get wet at all.
6. The dialysis unit will change your dressing with each dialysis. Do not remove the dressing at home. Make sure the caps remain on the end of the catheter at all times when not in use at the dialysis unit.
7. Do not pull or tug on the catheter. Should the catheter fall out or accidentally get pulled out, apply pressure to the site to prevent excessive bleeding. Call 911 and have them take you to the nearest emergency department.

We know you have a choice in your healthcare and appreciate the opportunity to be a part of that process. All of us at the Renal Access Clinic of Houston thank you and wish you well

Please do not hesitate to contact our Head Nurse at **713-838-2300** if you have any questions.

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