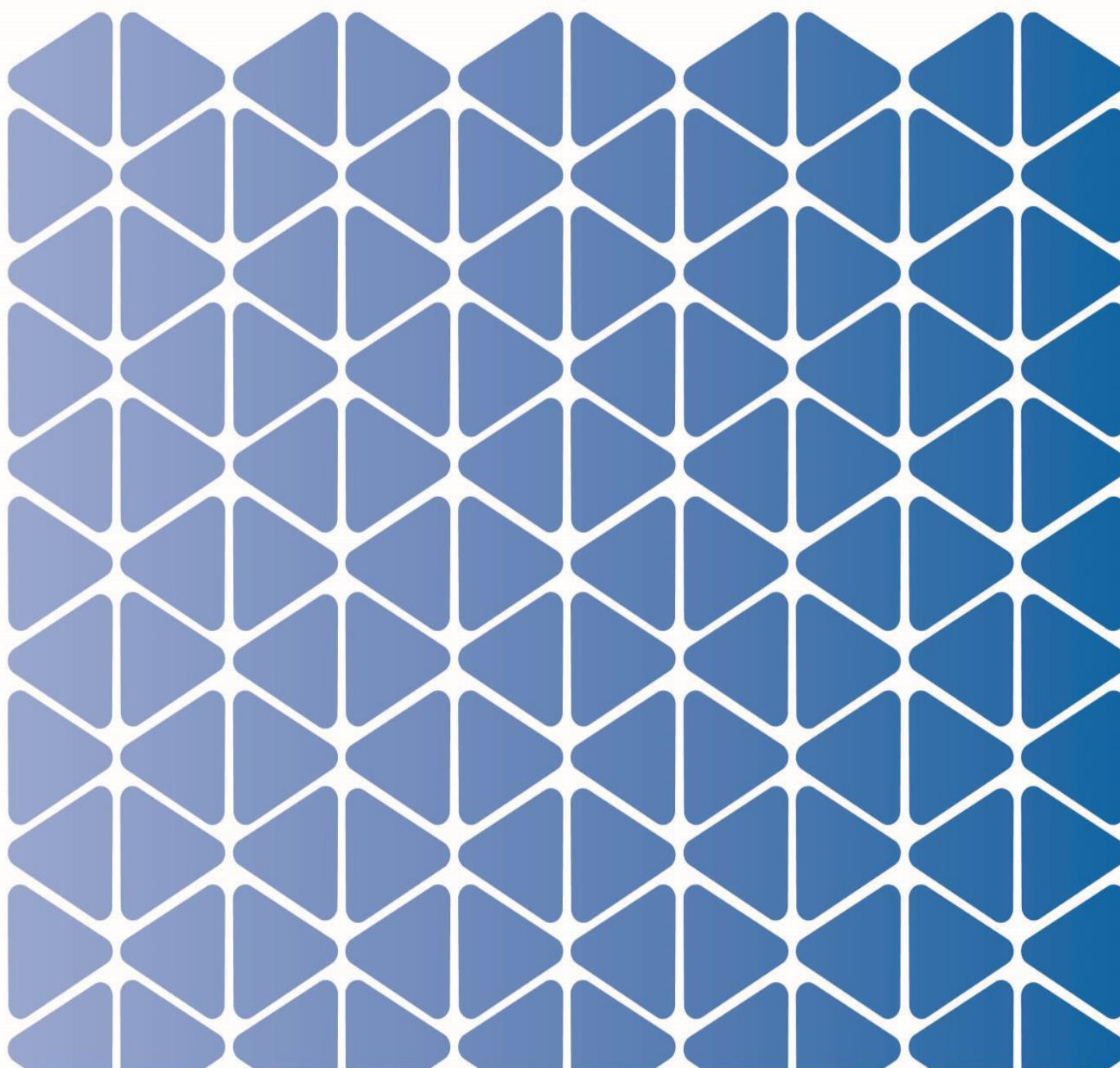


PATIENT INFORMATION

Aconbury 4 - Gastroenterology

ASCITIC DRAIN



What is ascites?

Ascites is a collection of fluid in the abdomen. There can be various reasons for this build up, but it is common in patients with liver disease. The fluid is produced in the abdominal cavity and accumulates faster than it can be reabsorbed causing the abdomen to swell which can become very uncomfortable.

What are symptoms of ascites?

Ascites cause the abdomen to swell with fluid. You can experience abdominal pain, shortness of breathing, difficulty walking, uncomfortable sitting and moving around, reduced appetite, nausea and vomiting.

What is an Ascitic drain (Paracentesis)?

A plastic tube (drain) can be inserted into the abdomen to drain the fluid out of the tummy and relieve symptoms. Whilst the fluid is draining you may require an intravenous drip of Human Albumin Solution 20%. Human albumin is a blood product and evidence has shown it can help the kidneys after a drain. The drain stays in for 6 hours before being taken out by a nurse.

What should I do before I come in for the drain?

You may be asked to have your bloods taken before you come for the drain to ensure that it is safe to do the drain. If you can't get bloods taken your nurse can take them when you arrive on the ward however this will delay insertion of the drain and mean you spend extra time on the ward.

If you are on blood thinning medication you will be told by your doctor (who referred, you for a drain) if and how many days prior to the procedure these need to be stopped.

Medications:

Apixaban, Rivaroxaban, Edoxaban – hold 72 hours prior procedure

Warfarin – hold 5 days prior procedure

Enoxaparin (Clexane) (therapeutic dose) – hold 24 hours prior procedure

Enoxaparin (Clexane) (prophylaxis dose) – hold 12 hours prior procedure

Clopidogrel – hold 7 days prior to the procedure

Aspirin can be continued

Note: If you are on blood thinners you will need your INR and clotting checked on day of procedure.

Diuretics - Not to be taken on day of procedure

Can I eat and drink before the procedure?

You can eat and drink as normal before the procedure.

When you arrive for the procedure

You will be asked to arrive on the ward by 9am on the day of the procedure. You will be taken to Aconbury 4's procedure room and your nurse will ask you a few questions about your medical history and take your observations. If you require bloods your named nurse will take these on arrival. They will also put in a cannula for any intravenous fluids you may need. We try to not keep you waiting any longer than necessary, however the person putting in your drain may be delayed with another patient. If there are any delays your nurse will keep you updated. Local anaesthetic will be given to the site prior to the drain being inserted to help with any pain.

Consent

Before the procedure your Doctor will explain how the procedure is carried out, the benefits and potential risks of the procedure. We want to involve you in decisions about your care. If you choose to have a drain you will be asked to sign a consent form.

What are the risks?

It is a safe procedure with a very small chance of significant side effects (less than 1 in 100 people), but complications can sometimes happen.

Common risks

- Tiredness- after the procedure
- Abdominal pain- may be increased post procedure
- Failure of procedure- a second attempt maybe need, or they may not be able to find a suitable area for drainage. The ward has an ultrasound scan to help with this
- Leakage of fluid from the site for up to 72 hours. You may require a stitch if the hole doesn't close up
- Low blood pressure- you may require intravenous fluids

Uncommon Complications

- Bleeding from the insertion site
- Infection of the skin or abdominal fluid from the drain site
- Possible kidney damage

Rare Complications

- Damage to one of the intra-abdominal organs

These will all be discussed in more detail by your Doctor before you sign the consent form.

Post Procedure

You will be limited in your mobility due to the drain and bag attached. A nurse can help you if you need to go to the toilet. The drain stays in for 6-8 hours. You will have your

Observations monitored regularly. You may like to bring something with you to help you pass the time. You will be given all meals whilst you are on the ward and you can ask for hot drinks and snacks.

After 6-8 hours, the drain will be removed by your nurse. A waterproof dressing will be applied, try to keep this dry for 48 hours. Your cannula will be removed and if your observations are stable you will be able to go home. On very rare occasions patients become unwell during the procedure and may need to be admitted on the ward.

Will I need to have another drain?

A discharge summary will be sent to your GP to tell them you have been in hospital to have an Ascitic drain. Your doctor will let you know if you require another drain.

You can book to have another drain through your Gastro Consultants Secretary and or you can ring directly to the ward to book you into an available slot.

What do I need to do at home?

At home monitor your weight regularly (at least once a week) and keep a record for future appointments. If your weight has increased by 7-10kg (15-22lbs) you may need to book in for another drain.

Ensure a 'no added salt diet' to stop fluid building back up and abstain from drinking any further alcohol.

Ensure a high protein diet especially vegetable protein like unsalted nuts, beans and pulses like chickpeas and lentils.

Please continue to take diuretics if you have been prescribed them to prevent re-accumulation of fluid and ensure you have your kidney function tests monitored regularly while you are on them. Do not take your diuretic on the day of your drain.

The drain site can continue to leak for up to 72 hours, please let the ward know if this continues to leak after 72 hours. If the drain site shows any signs of redness, swelling or pain please contact the ward.

Further information can be found on the British Liver Trust site

britishlivertrust.org.uk/information-and-support/living-with-a-liver-condition/diet-and-liverdisease/cirrhosis-and-diet/



When can I resume normal activities and go back to work?

How long it takes you to fully recover from the procedure varies from person to person. It can take one to two days. As soon as you are well enough you can go back to work.

Contact Details

Aconbury 4- 01905 760133

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If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.

Patient Experience

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

Feedback

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

Patient Advice and Liaison Service (PALS)

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

How to contact PALS:

Telephone Patient Services: 0300 123 1732 or via email at: wah-tr.PALS@nhs.net

Opening times:

The PALS telephone lines are open Monday to Friday from 8.30am to 4.00pm. Please be aware that you may need to leave a voicemail message, but we aim to return your call within one working day.

If you are unable to understand this leaflet, please communicate with a member of staff.