



Having Intraperitoneal Therapy

This handout offers you information on intraperitoneal (IP) therapy. You will also be given a handout about the chemotherapy medication(s) prescribed for you. It is important you read both handouts.

IP therapy is the delivery of chemotherapy medication(s) into your peritoneal cavity through tubing connected to your PORT. The peritoneal cavity is the space between the muscles of your abdomen and abdominal organs. The number of IP therapy treatments you receive is decided by your oncologist.

The chemotherapy medication targets any cancer cells remaining in your peritoneal cavity after surgery. Giving chemotherapy medication by IP therapy allows it to work in the area where it is needed.

Coming for your IP therapy

You will be in the cancer centre for about 8 hours.

Preparing for your IP therapy appointment

- Eat a small meal the night before this appointment.
- Eat a small meal the morning of this appointment.
- Wear comfortable and loose-fitting clothing.
- Bring snacks or meals with you.
- Plan to have a family member or friend drive you home after your IP therapy. You may feel uncomfortable after your IP therapy is finished. This may affect your ability to drive.
- Empty your bladder before your IP therapy is started.

Having your IP Therapy

You will have an intravenous (IV) line put into a vein in your arm. You will be given fluids through this IV line before and during your IP therapy. This helps hydrate you and allows us to give you anti-nausea medications if you need them.

The nurse will insert a special needle through the skin on your abdomen and into your PORT. This feels like a pin prick. The needle is taped and covered with a small dressing. An IV line and a bag with fluid and your chemotherapy medication is connected to the needle. Gravity causes the fluid and chemotherapy medication to flow into your peritoneal space. This takes about 2 hours.

After your IP therapy is finished

The needle is removed and a bandage is put on the site. You can remove this bandage after 48 hours. For 1 hour, your nurse will help you turn from side to side on the stretcher. This helps the chemotherapy medication slowly move around and absorb into your peritoneal space. The medication will continue to absorb for a few days. You may feel some abdominal pressure and have abdominal bloating for about 2 to 4 days.

Side effects and how you can manage them

You may not have any side effects from your IP therapy. Some side effects may be caused by other chemotherapy medications you are given. For more information, see the medication handout you were given. See the list below of side-effects you may have from IP therapy and what you can do to manage them.

1. Feeling of pressure or bloating in your abdomen

- Walk around after your IP therapy is finished.
- Wear comfortable, loose fitting clothing for the first few days after your IP therapy.

2. Feeling of a full bladder and the need to urinate often

- You may go to the bathroom during your IP therapy.

3. Shortness of breath (difficulty breathing)

- Tell the nurse.
- Walk around after your IP therapy is finished.
- Sit up in a chair after your IP therapy is finished.

4. Nausea and/or vomiting

- You may be given anti-nausea medication before and during your IP therapy.
- Your doctor will prescribe anti-nausea medication for you to take at home if needed.

5. Decrease in your appetite

- Ask to talk to a dietitian at the cancer centre.
- Choose high energy, high protein foods. A dietitian can provide you with more information about this.
- Eat often. Snack on smaller amounts of food at least every 2 hours.
- Eat what you feel like.
- Eat your biggest meal when you feel like eating. This may be at breakfast time.

At home after your IP therapy

- You can have a bath or shower.
- You can return to your normal activities and exercise after dressing is removed. Talk to your nurse or doctor about this.

If you have a problem or concern about a symptom or side effect from your cancer treatment:

1. Call your primary nurse at the cancer centre from Monday to Friday, 8:30 am to 4 pm, (except on holidays). Use the phone number your primary nurse gave you.
2. Contact CareChart Digital Health from Monday to Friday, 5 pm to 8:30 am and anytime on weekends and holidays for symptom management support.

Talk to a nurse using one of these options:

- Call the after-hours telephone line at 1-877-681-3057.
- Request a video call by going to www.carechart.ca.
- Use the CareChart Digital Health App. This App is available to download for iOS or Android devices.

It is important to call if you have:

- Abdominal pain that is new or different
- Shortness of breath (difficulty breathing)
- A fever above 38.3° C/100.9°F at any time or above 38.0° C/100.4°F for more than an hour
- Leaking at your PORT site after the bandage is removed
- Redness, swelling or tenderness around your PORT site
- Not able to eat or drink fluids for more than 24 hours
- Have any new or different symptom

Call 911 or go to the emergency department at the hospital closest to you for a medical emergency.

Please talk to a member of your healthcare team if you have questions or do not understand any information in this handout.

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