

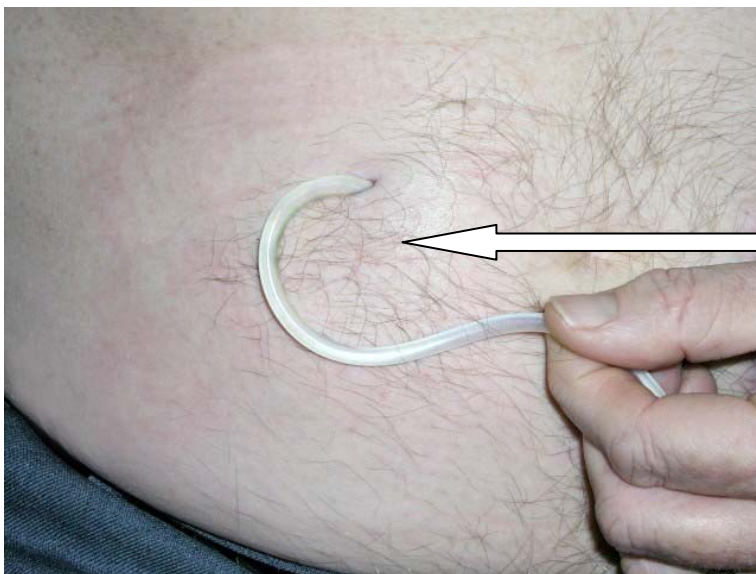
Dialysis Unit

How to care for your Peritoneal Dialysis (PD) Catheter

What is a Peritoneal Dialysis catheter used for?

A Peritoneal dialysis catheter is a tube that is surgically placed in the abdominal cavity. This catheter enables a connection to be made to a dialysis bag. Special dialysis fluid can enter and drain out of the abdominal cavity via this catheter.

What is an exit site?



Your exit site is the place where your peritoneal dialysis catheter comes out of the skin

It is important to keep your exit site as dry as possible.

It is better to have a shower rather than a bath.

If you would like to go swimming this may be possible. Please discuss this with your PD nurse or Doctor first

How should I clean my exit-site?

Your exit-site should be cleaned every day and antibiotic ointment or cream applied to the new dressing to reduce the risk of getting an infection.

Shower with the dressing on. After your shower, remove the dressing and dry your exit site with the gauze provided. **Do not dry your exit site with your towel.** Then follow these instructions:

1. Remove existing dressing and then wash and dry your hands.
2. Clean work surface with antiseptic wipe
3. Open cover of new dressing and then clean your hands with the wipes.
4. Using a new antiseptic wipe, fold the edges together to form a parachute shape. (See diagram below.) If you touch the centre of the wipe discard it and use a new one.



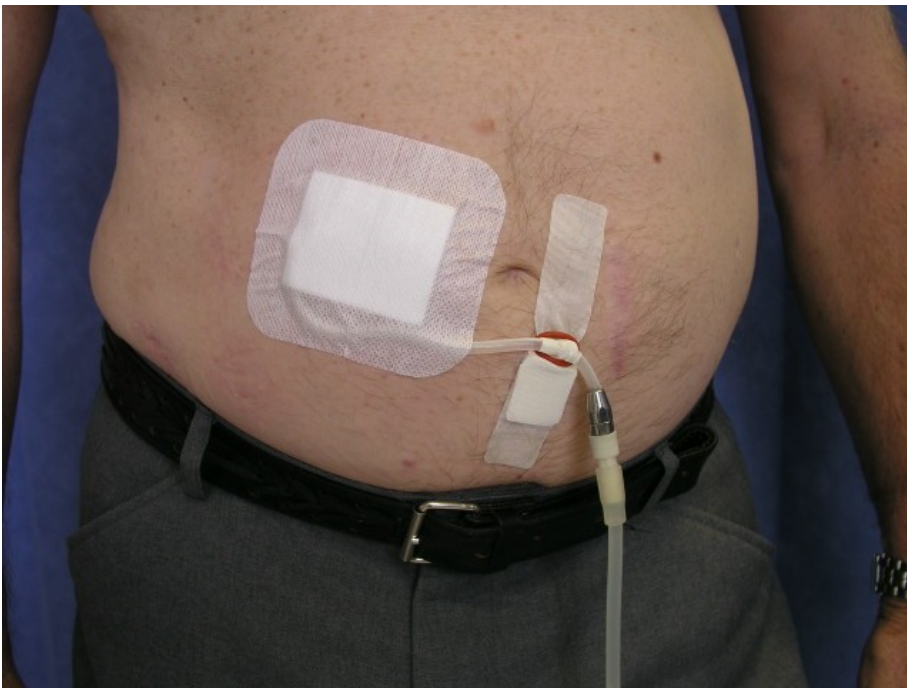
5. Use one parachute for each full circular wipe of the exit site, using two to three new wipes as necessary. (See diagram below). Allow 30 seconds for the alcohol to dry off.



6. Put a pea sized amount of antibiotic ointment or cream in the middle of the dressing. (See diagram below). Apply a tube holder to secure your catheter to minimise movement




7. It is very important to make sure your catheter is well secured. This can be achieved by using tape to stop movement of the catheter at the exit-site. We also advise you to loop your catheter (to make a 'c' shape) before placing your dressing on. This allows a little give if you do accidentally pull on your catheter. Pulling the tube disturbs the surface of the skin around the exit-site and this makes it easier for germs to start growing and an infection to develop. Trauma or irritation to your exit-site can also be caused by rubbing of clothing.



Exit site infections

An exit-site infection is the presence of a germ(s) around the exit-site of your tube. Germs like warm, moist places to grow therefore it is important to keep your exit site clean and dry.

If you have an infection you may notice:

	Picture of an infected exit-site
<ul style="list-style-type: none"> • A discharge of pus • Redness • Soreness • Swelling/inflamed 	

If you notice **any** of the above symptoms you must contact your renal unit and let the nurses know.

Addenbrooke's Peritoneal Dialysis unit: 01223 217822 or C5 Ward 01223 217195 out of office hours (please ask for the 'How to contact a CAPD Nurse' sheet).

What treatment will I need if I have an exit site infection?

You will be seen by the PD nurse who will take a sample of the discharge onto a swab to find out if there is a particular infection growing there. You may see a doctor who will look at your exit-site. If an infection is suspected, you will be prescribed some antibiotics to take home. It is important to take the whole course of antibiotics even if the symptoms get better. If you stop taking the antibiotics too early the germs may start growing again. Please tell the doctor or nurse if you are allergic to any antibiotics or get any side-effects from taking the treatment. You will be asked to come back to the dialysis unit to see a peritoneal dialysis nurse, who will check your exit-site and make sure the infection has cleared up. Do not have a bath or go swimming if your exit-site is sore or infected.

What if the infection doesn't get better?

Some germs are very troublesome to get rid of if they start growing around your exit site. An exit-site infection could lead to peritonitis. If this happens your dialysis fluid will become cloudy and you may get tummy ache and you will need immediate treatment at the hospital. Some catheters will need to be removed if the infection does not go away. It is therefore important to check your exit-site daily for sign of infection and get any problems treated as soon as you notice them.

What can I do to reduce the risk of getting an infection?

1. Always wash your hands well before cleaning your exit-site and dry them properly.
2. Keep your exit-site and dressing dry; germs love wet and warm areas to grow.
3. Clean your exit-site as shown during your training every day to check it is healthy.
4. Apply the prescribed cream or ointment onto your exit-site daily as instructed.
5. Always shower with your dressing on and clean exit-site immediately after you finish showering.
6. If you are having a bath or going swimming **you must** use the protective Activity Pouches are from your GP. These reduce the risk of a germ coming into contact with your catheter. The PD staff can show you how to use this protective pouch.
7. **Do not** bath or swim if your exit-site is sore, bleeding or infected.
8. Make sure your catheter is well secured. This can be achieved by using tape to stop movement of the catheter at the exit-site.
9. Try to prevent trauma or irritation to your exit-site. This can be caused by rubbing of clothing or pulling of the catheter.

Please do not hesitate to contact us if you are in any doubt or if you notice any changes.

Contact Telephone Numbers:

CAPD Monday – Friday 09.00-17.00 Tel. 01223 217822

C5 ward Evenings and weekends tel. 01223 217195



We are currently working towards a smoke-free site. Smoking is only permitted in the designated smoking areas.

For advice and support in quitting, contact your GP or the free NHS Stop Smoking helpline on 0800 169 0 169

Help with this leaflet:



If you would like this information in another language, large print or audio format, please ask the department to contact

Patient Information: 01223 216032 or

patient.information@addenbrookes.nhs.uk



Document history

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