

PATIENT NAME _____

MRN _____

DATE _____

or affix Patient Identification Label here

PATIENT GUIDE

PERITONEAL DIALYSIS CATHETER (PDC)

DAILY EXIT SITE CARE AND DRESSING

PDC is the only access you have to perform peritoneal dialysis (PD), therefore, it is a very important part of your body. It is essential to properly care for and protect your PDC from infection or blockage that will result in inadequate dialysis and can make you unwell which could lead to hospital admissions. To protect your PDC, you must:

1. Maintain a daily bowel motion and avoid constipation to prevent PDC blockage. Use aperients or laxative as needed – ask your doctor or PD nurses for advice
2. Always immobilise and secure the tip of your PDC with tape to prevent from dangling, pulling or twisting
3. Shower daily to keep your body and PDC clean
4. Change your PDC exit site dressing daily and after every shower to keep it clean and infection-free. It is important to change wet dressing immediately and to keep the dressing dry all the time.

How to change your PDC exit site dressing daily:

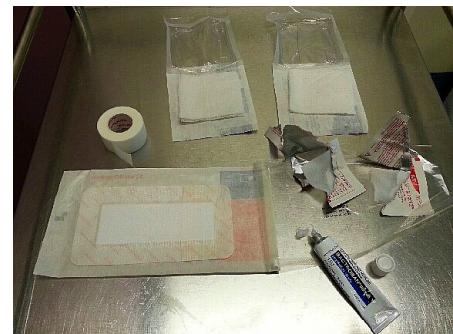
1. Gather all equipment for your dressing change on a cleaned work tray, away from a wet area:

- a. Your dressing – Cutiplast, Tegaderm or Mepore
- b. Betadine or Chlorhexidine swabs x 2
- c. Micropore, Transpore or Yuki-ban tape
- d. White gauze squares
- e. Antibacterial ointment (i.e. Bactroban)



2. Secure the tip of the PDC on abdomen with tape.
3. Shower as usual, with PDC exit site dressing in place
4. After shower, dry self with towel
5. Prepare dressing supplies on the cleaned work tray:

- a. Open dressing and gauze, lay flat on tray
- b. Open betadine or chlorhexidine swabs x 2 and place on top of clear wrapper
- c. Squeeze out the bactroban ointment on top of clear wrapper



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6. Remove wet tape from tip of PDC and replace with dry tape to secure PDC on your abdomen
7. Remove old and wet PDC exit site dressing
8. Perform 1 minute handwash with antibacterial liquid soap. Dry your hands thoroughly with paper towel.
9. Dry PDC exit site with gauze. **Do not use paper towel to dry your exit site**
10. Review PDC exit site (preferably in front of a full body mirror) and monitor for signs of infection i.e. redness, swelling, tenderness or pus/blood discharge. **Crusty exit site will need closer examination**
11. Clean your exit site with the first swab (starting from the exit site using a circular motion moving outwards)
12. Use the second swab to clean the exit site again (starting from the exit site using a circular motion moving outwards)
13. Wait for the exit site to dry naturally. **Do not fan or blow on your exit site**
14. Once exit site is dry, apply antibacterial ointment using one piece of white gauze. **Do not use cotton buds to apply antibacterial ointment**
15. Loop the catheter to align titanium connector next to exit site. Cover both with the one dressing



16. Secure the tip of your catheter on the side or top of your dressing with tape

NOTE: Immediately report to PD nurses any allergic reaction (i.e. redness, itch, rash or blistering) to dressing, tape or swab. You will be provided with different dressing products to try.