

CAPD - FREELINE SOLO EXCHANGE FOR PATIENT

1. Assess your fluid status:
 - a. Weigh self and record
 - b. Review your previous BP and weight
 - c. Check ankles and lower legs for signs of fluid
2. Review previous dialysis bag strength and UF
3. Select appropriate strength of dialysis bag to use
4. Check the expiry date, volume, strength and colour of the selected dialysis bag
5. Place dialysis bag on top of warmer (fluid takes 30 minutes to warm)
6. Once dialysis bag is warm, spray work table with methylated spirit mixture (1 part methylated spirit mixed to 4 parts of water)
7. Dry work table with paper towel
8. Place the minicap and the anti-bacterial hand lotion on top of work table
9. Wash and dry 2 x blue clamps, place on top of work table
10. Complete a **small handwash**
11. Open warmed dialysis bag with the sharp edge of blue clamp.
DO NOT USE SCISSORS OR KNIVES
12. Place the opened bag on top of work table. Ensure the bag lines are facing up
13. Take catheter out and secure clothing away from catheter
14. Complete a **3 minute handwash**
15. Pick up bag lines with dominant hand, place non-dominant hand firmly on top of the bag checking for leaks and unstuck lines
16. Connect yourself:
 - a. Hold bag line with dominant hand and pull the cap off
 - b. Hold catheter with non-dominant hand and remove minicap
 - c. Connect bag line to catheter using nontouch connection technique
17. Place empty bag on the floor. Ensure non-frosted section of the drain bag is facing up
18. Hang full bag on hook
19. Break greenstick and quickly place 2 x blue clamps on inflow line

20. Open the white valve on catheter
Do not twist the light blue part of catheter
21. Make sure catheter is draining:
 - a. Check catheter and lines are not kinked
 - b. Ensure lines are not pulling from exit site
22. *You can sit down whilst draining*
23. After 15 minutes, check drain line if cold and stopped draining. If not, continue to drain and check every 5 minutes
24. Once draining stopped, close clamp on drain line
25. Remove 1 x blue clamp from inflow line and place on drain line for added security
26. Remove the other blue clamp from inflow line and place on work table
27. *You can sit down whilst filling*
28. When dialysis bag is empty, take blue clamp from drain line and place on inflow line
29. Close white valve on catheter until it clicks.
Do not twist the light blue part of catheter
30. Stand up and open minicap packet
31. Wash hands with anti-bacterial hand lotion
32. Disconnect bag line from catheter using nontouch technique
33. Cover catheter with new minicap
34. Secure catheter on abdomen with tape
35. Weigh drain bag and record volume
36. Calculate UF: subtract fill volume from drain volume
37. Check quality of drain fluid - must be clean and clear
38. Discard drain fluid down the shower drain
39. Save blue clamps
40. Discard empty bags