

# Caring for Your PD Catheter

Your PD catheter is your lifeline to dialysis. Keeping your exit site clean and PD catheter intact can help keep you healthy. Here are some tips to help. Always follow your clinic's advice.

## Keep your PD catheter clean!

Our world is full of germs. They're everywhere! Unfortunately, germs love catheters.

Why? A PD catheter is like a door into the body. It lets dialysis fluid get into and out of the body. But, germs can also use this door to sneak into the body. So, we have to keep germs away from your PD catheter. We can't let them sneak in.



## Wash your hands.



Most germs get to your PD catheter from your hands. So, it's critical to have totally clean hands before beginning your PD treatment, or anytime you touch near your PD catheter. The team will likely ask you to scrub your hands for at least **30 seconds** with antibacterial soap.

Scrub your hands all over. Germs can hide in all of the creases and crevices of our hands, especially under our fingernails. Your dialysis team can help you learn the right way to wash your hands<sup>c</sup>

## Sanitize your hands.

After cleaning your hands, use hand sanitizing gel to kill all left over germs. Use an alcohol-based sanitizer with least 60%–95% ethyl alcohol, isopropyl alcohol, or both. Follow the instructions on the bottle. Remember to get gel in the creases of your hands and under your nails.

Always sanitize your hands before touching anywhere near your PD catheter or dressing. You don't want any germs to sneak in!



## Protect your lifeline!

Your PD catheter is so important to your life and health. It needs protection and you're the best bodyguard. Here is how to protect it from harm:



Do exit site care daily. Your dialysis clinic can give you instruction.



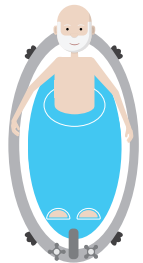
Avoid tight clothing.



Avoid sleeping on your belly/ abdomen.



Keep your catheter secured all the time. Ask your dialysis team for tips to keep it safe, comfortable, and hidden.



Do not swim in rivers, lakes, creeks, ponds, or public pools. Check with your doctor to see if any swimming is allowed for you.

Do not use hot tubs, whirlpools, or tub baths.



A clean and protected PD catheter can help you get years of good dialysis. It's your connection to getting life saving dialysis. Try your best to treat it like gold!