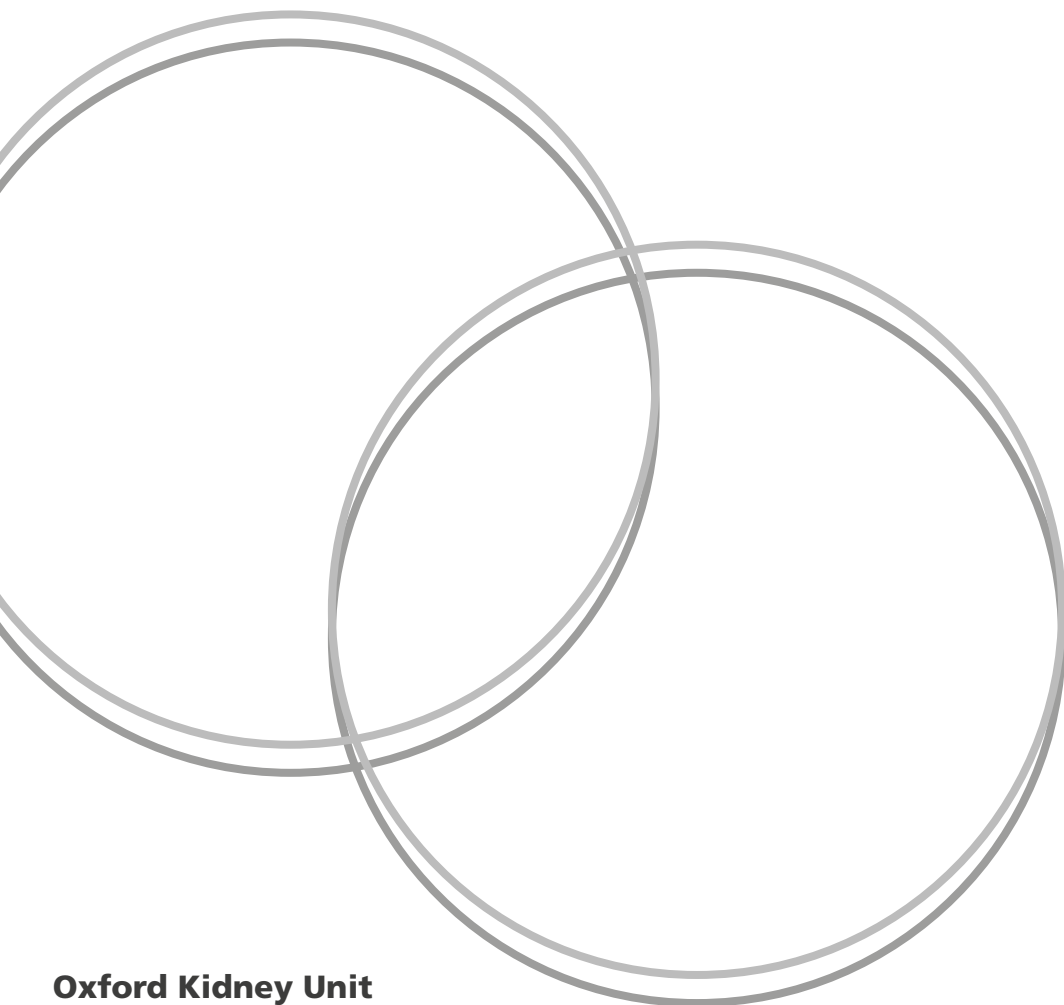


Reducing the risk of infection when using Peritoneal Dialysis

Information for patients



This leaflet has been written to provide you with information to help reduce your chance of getting an infection while you are on peritoneal dialysis (PD).

Infections related to peritoneal dialysis do not happen often, but if you do get an infection you will need treatment with antibiotics. Most infections can be treated as an outpatient. You will only need admission to hospital if you are unwell and need hospital care. If the infection is severe you may need an operation to remove your PD catheter. Sometimes you are not able to go back to PD and will need to have haemodialysis instead.

If you notice a problem, never leave it. It doesn't matter how small you think it is, please let us know.

There are two types of infection related to PD treatment; PD peritonitis and exit site infection.

What can I do to reduce the risk of infection?

Make sure you carry out the following, every time you do your PD:

- Wash your hands thoroughly with soap and water. Use the good hand hygiene guide that is in your PD guide booklet.
- Use alcohol gel to clean your hands thoroughly, even if you have just washed them, before you:
 - Remove your dressing.
 - Touch your PD line.
 - Touch any of your PD supplies.
- Look after your PD exit site; use any cleaning products and antibiotic cream as you have been shown.
- Keep any pets or young children away from the area where you do your PD.
- Try not to cut corners. Keep the area where you do your PD clean. Clean it daily.
- Clean your tray daily using disinfectant wipes.
- Any machines, bag scales, table surfaces should be cleaned daily.
- Bathing is not recommended as bath water is dirty due to shedding of skin cells.
- Keep any showers clean. Make sure they are free of limescale and mould. Germs can survive in these.
- Do not let anyone touch your PD exit site unless they have washed or gelled their hands.
- Keep your PD supplies in a clean, dry area. If any of it gets wet or is damaged throw them away and tell a PD nurse.

- Your PD nurse will have shown you which parts of your PD equipment (supplies) or PD line you must **not** touch. If you touch any of these parts, stop doing your PD and phone the PD Unit immediately for advice.
- If you are coughing or sneezing, turn your head away from your exposed PD supplies or line even if you are using a face mask or covering. We may advise you to use a face mask or covering.
- If during connection or disconnection you sneeze or cough onto any of the exposed parts of your line that are usually covered with a cap or protective covering **stop** doing the PD and contact a PD nurse or renal ward.
 - Germs can easily contaminate the exposed areas.
 - If this happens you will need a line change. This is done in the hospital and only takes a few minutes.
- If you cough or sneeze on the exposed parts of your PD supplies, **throw** them away and start again.
- If you drop your exposed PD line (it touches your leg or arm etc), phone the PD unit or renal ward. They will organise for you to have a line change. This is very quick and only takes minutes. If we think you need antibiotics we will give you them.

To help prevent exit site infection it is important that you secure your PD catheter to your skin (tether). This stops the catheter from chaffing and causing trauma to your skin.

You should also avoid bathing and sauna's.

You can swim in a chlorinated pool or blue flag sea if you use a protective pouch over your exit site.

If you are unsure what to do please contact a PD nurse.

How will I know if I have an infection?

If you develop abdominal pain or cloudy PD fluid you may have PD peritonitis.

If you develop a discharge (pus), pain, bleeding, swelling or redness you have may a PD exit site or tunnel infection.

What should I do if I think I have an infection?

Always seek help immediately.

Monday to Friday - contact your local PD nurse.

Weekends, evening and bank holidays - contact the renal ward.

Useful contact numbers

Oxford Peritoneal Dialysis (PD) Unit

Telephone: **01865 225 792**

(8am to 6pm, Monday to Friday)

Email: pd.team@ouh.nhs.uk (between 8.30am and 4.30pm)

Milton Keynes PD Unit

Telephone: **01908 996 495**

Answerphone will give you the PD nurse details

Wycombe PD Unit

Telephone: **01494 426 349**

Answerphone will give you the PD nurse details

Swindon PD Unit

Telephone: **01793 605 288**

Answerphone will give you the PD nurse details

Renal Ward, Churchill hospital

Telephone: **01865 225 780**

This is for urgent calls, 24 hours a day. It is also the number to ring after 6.00pm on weekdays, weekends and bank holidays.

Useful websites

Oxford Kidney Unit

Lots of information about the Oxford Kidney Unit for patients and carers.

Website: www.ouh.nhs.uk/oku

Kidney Patient Guide

Information for patients with kidney failure and those who care for them.

Website: www.kidneypatientguide.org.uk

Kidney Care UK

A charity which has lots of practical support and information for people with kidney disease.

Website: www.kidneycareuk.org

Six Counties Kidney Patients Association

The SCKPA is run for patients by patients or family members.

They offer support to people suffering from kidney disease or who are on dialysis. They work closely with the Oxford Kidney Unit and have branches in Oxfordshire, Northamptonshire, Buckinghamshire, and Milton Keynes, and parts of Wiltshire, Gloucestershire and Berkshire.

Website: www.sixcountieskpa.org.uk

National Kidney Federation

A charity which has lots of practical support and information for people with kidney disease.

Website: www.kidney.org.uk

Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

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Oxford University Hospitals NHS Foundation Trust

www.ouh.nhs.uk/information



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