

# Peritoneal Dialysis Exit Site Care and Inspection for a New Catheter

## What You Need To Do

You will need to look at and take care of your exit site every day to help prevent infection.

If your catheter is newly inserted, start the following routine 1 week from the surgery date or follow your doctor's directions.

## Supplies

- hydrogen peroxide
- package of sterile applicators
- Betadine®
- dressing and tape
- two medicine cups
- mask and gloves

## Procedure

- Put on a mask. Wash your hands well with a bacteriostatic soap (such as Dial®).
- Dry your hands. Put on gloves.
- Gather your supplies on a clean work surface.
- Pour a small amount of hydrogen peroxide and Betadine into 2 separate medicine cups.
- Carefully remove the dressings and tape.
- Check the dressing for drainage.

- Look at the exit site.
  - Look for redness, swelling and drainage. Feel for tenderness.
  - Palpate (gently tap on) the tunnel (or skin) area over the catheter. Look for redness, swelling and drainage. Feel for tenderness.
- If there is any drainage, follow the instructions for catheter exit site culture and call your doctor.
- Make sure the silastic (clear) tubing of the catheter is secure on the adapter.
- Make sure the connection between the catheter and the transfer set is secure (if attached).
- Open the package of sterile applicators.
- Do not touch the cotton-tipped end of the applicators.
  - Dip 1 swab in the hydrogen peroxide and clean around the exit site.
  - Start at the exit site and work outward, making circles around the site.
  - Do not go back to the exit site with the same applicator. Repeat with a new sterile applicator.

**(over)**

- Do not scrub hard. If you have crusty drainage, soften it by using a sterile dressing soaked with hydrogen peroxide. Place it on the site for 2 to 3 minutes.
- Dip a new sterile applicator in Betadine and apply it around the exit site.
  - Do not go back to the exit site with the same applicator.
  - Repeat with another applicator.
  - Leave the Betadine on your skin for 1 minute or until dry.
  - Do not do anything to speed up the drying.
- Clean the Betadine from the exit site using a new sterile applicator dipped in hydrogen peroxide. Start at the exit site and work outward.
- Dry the exit site with a new sterile applicator.
- Use tape to hold the catheter in place before putting on a clean dressing.
  - Keep the catheter in position as it naturally comes out from the exit site
  - Secure the tape completely around the catheter before taping it to your abdomen.
  - Avoid any tension on the catheter when cleaning or taping it.
- Put on a clean dressing. Do not touch the center of the dressing that will go over the exit site.
- Make a loop in the set, catheter or both and tape it securely to your abdomen.

Once your peritoneal dialysis catheter has healed, check with your dialysis nurse about site care.