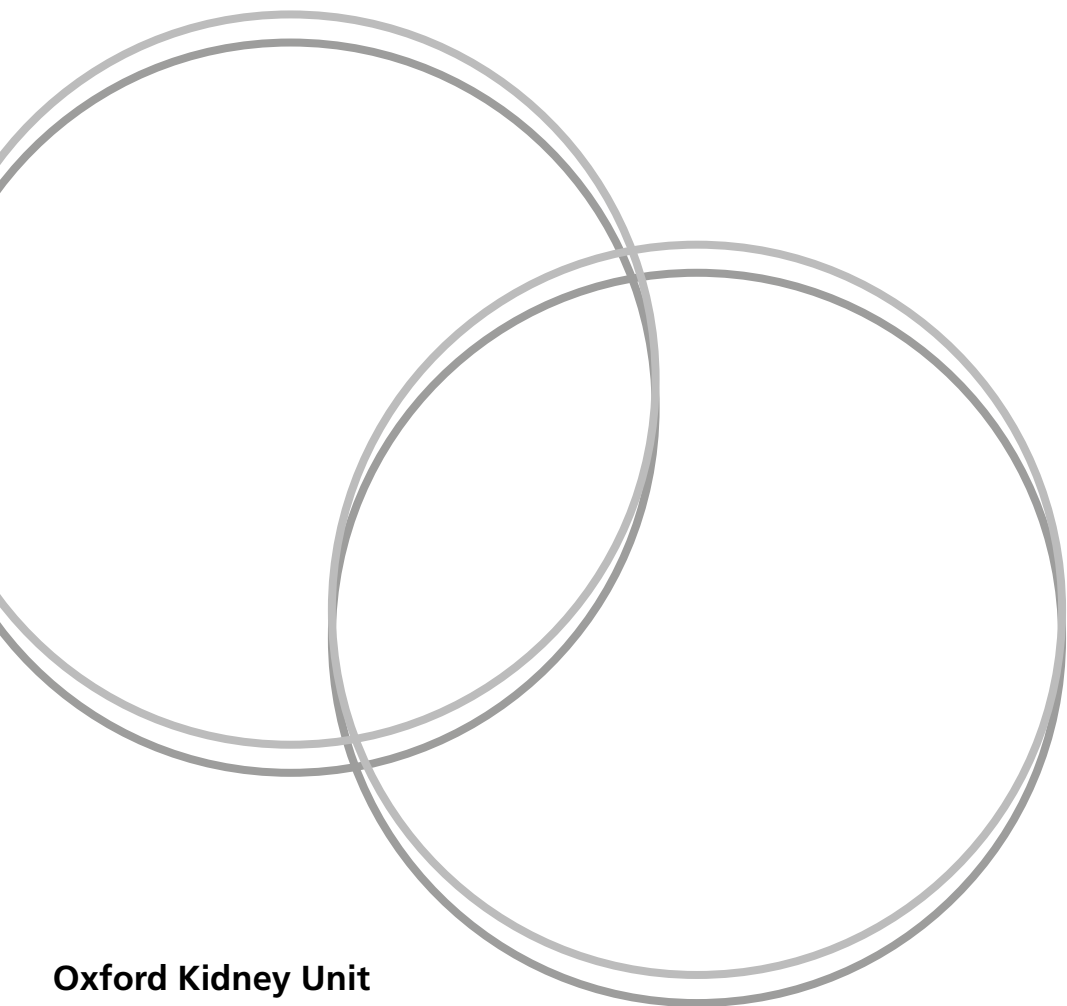




Oxford University Hospitals
NHS Foundation Trust

Reducing the risk of infection when using Peritoneal Dialysis

Information for patients



Oxford Kidney Unit

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 onto 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 is PD peritonitis?

PD peritonitis is an infection inside your abdomen and around your peritoneal membrane.

What causes PD peritonitis?

It is often caused by contamination of your PD catheter by bacteria (germs), which leads to an infection. The bacteria may come from inside your abdomen or from your skin. An exit site infection may also lead to peritonitis.

How will I know if I have PD peritonitis?

You may experience some of the following:

- cloudy PD fluid
- abdominal pain
- feeling sick
- a high temperature
- diarrhoea or severe constipation.

What should I do if I have abdominal pain?

If you have abdominal pain, it is important that you check your PD fluid straight away and call your local PD Unit if it is cloudy. If you are unable to check your PD fluid, please call your PD nurse or Renal Ward and we will arrange for you to come to hospital so we can check your PD fluid. The telephone numbers are on page 8.

What can I do to reduce my risk of PD peritonitis?

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

- Wash your hands thoroughly with soap and water.
- 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.
- Follow the 6 steps of good hand hygiene. You will find a copy of this in your training booklet.
- Look after your PD exit site; use your creams and supplies 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. Do your PD as your PD nurse has shown you.

Remember what to do if you have a problem:

- 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 your PD Unit immediately for advice.
- If you have a cold and are coughing or sneezing, turn your head away from your exposed PD supplies or line. We may advise you to use a face mask or covering.
- If you do sneeze or cough on your line, **stop** doing your PD and phone your PD Unit. Your PD nurse will arrange for you to have your line changed (this will be done in your local PD Unit, or Renal Ward at the weekend). A line change takes just 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 and contaminate it, phone your PD Unit and your PD nurse will arrange for you to have your line changed.

What should I do if I have cloudy PD fluid?

Phone your PD Unit immediately. Do not wait. If your local PD Unit is closed, contact the Renal Ward at the Churchill Hospital in Oxford. The telephone numbers are on page 8.

PD peritonitis will not get better without treatment. A sample of your PD fluid and a blood test will be sent to Microbiology to find out which bacteria is causing the infection. You will need specialist treatment with two antibiotics over a period of 2-3 weeks.

It is important that PD peritonitis is treated quickly, to prevent you from becoming unwell and prevent damage to your peritoneal membrane.

What is an exit site infection?

An exit site infection is an infection where the PD catheter comes out through your skin. Infection can also develop where your catheter goes under your skin into your abdomen. This is called a tunnel infection.

What can I do to help reduce my risk of an exit site infection?

To help prevent exit site infection it is important that you tether your PD catheter securely. 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 exit site infection?

You may experience one or more of these around the catheter exit site or along the catheter tunnel:

- redness or swelling
- pain or discomfort
- oozing or pus.

What should I do if I notice any of these problems?

Phone your PD Unit immediately. If your local PD Unit is closed, contact the Renal Ward at the Churchill Hospital in Oxford. The telephone numbers are on page 8.

You will need to have your exit site examined by a PD nurse or renal doctor. A swab will be taken of any pus and sent to Microbiology to find out what bacteria is causing the infection. PD exit site infections are treated with antibiotics.

Your PD nurse will advise you how to care for your exit site whilst you have an infection.

Useful contact numbers

Oxford Peritoneal Dialysis (PD) Unit

Tel: **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

Tel: **01908 996 495**

Answerphone will give you the PD nurse details

Wycombe PD Unit

Tel: **01494 426 349**

Answerphone will give you the PD nurse details

Swindon PD Unit

Tel: **01793 605 288**

Answerphone will give you the PD nurse details

Renal Ward, Churchill hospital

Tel: **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

Please speak to the department where you are being seen if you would like an interpreter. You will find their contact details on your appointment letter. Please also ask them if you would like this information leaflet in another format, such as:

- easy read
- large print
- braille
- audio
- electronically
- in another language.

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

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www.ouh.nhs.uk/information



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