What Can You Do To Prevent Peritonitis?

Before Exchange/Cycler set-up

- **WASH YOUR HANDS**
  - This is your **BEST** defense!
  - Use liquid soap
- **Dry** your hands
  - Use paper towel or a **clean** towel (not your clothes)
- Do your TwinBag exchange or HomeChoice Cycler set up exactly as you were taught
- Do your exchanges in a clean, dry, well lit area*
- Know what is “sterile” and do not touch any of the sterile parts
- Turn off fans, close windows and doors*

During Exchange/Cycler set-up

- Check your drain fluid for cloudiness
- Keep pets out of the room when:
  - setting up
  - doing an exchange*
  - while “connected” (all night if on cycler)
- Avoid “cross-overs”

Daily Care

- Secure your catheter (so it does not hang freely)
- Check and clean your exit site every day, just as you have been taught
- Apply antibiotic cream every day as you have been taught
- A wet or dirty dressing must be changed
- Call the PD nurse if fluid leaks from your catheter or exit site
- Check the titanium adaptor and transfer set connection every day
- Avoid constipation

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**Hand washing should be done:** before your PD exchange* | before your exit-site care* | after disposing of drained PD bag*
### QUESTION

<table>
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<th>What is peritonitis?</th>
<th>Peritonitis is an infection inside the peritoneal cavity. It will not go away without antibiotics.</th>
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| How do you spot peritonitis? | If you see any of these symptoms you may have peritonitis:  
– cloudy drain fluid  
– abdominal pain & tenderness  
– nausea & vomiting  
– fever & chills |

### THE PROBLEM

| Your drain fluid is cloudy. | Follow your hospitals instructions on who to call.  
Call immediately. This CANNOT wait. |
| You have been on antibiotics for 2-3 days due to peritonitis but your drain fluid is still cloudy. | Follow your hospitals instructions on who to call.  
Call immediately. This CANNOT wait. |

* These instructions refer to both a TwinBag exchange and the HomeChoice cycler set-up.

This document is based on published scientific evidence (as of 2009) and clinical practice guidelines from professional societies. It is intended to be used only as one of many factors for managing PD patients, and it does not replace good medical and clinical judgment. Further, individual circumstances of your patients must be taken into account, as well as guidelines of local nephrology societies and other associations. Do not rely on this document alone.

**References**