

Queen Elizabeth Hospital Birmingham



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All about peritonitis and exit site care for people using CAPD and APD

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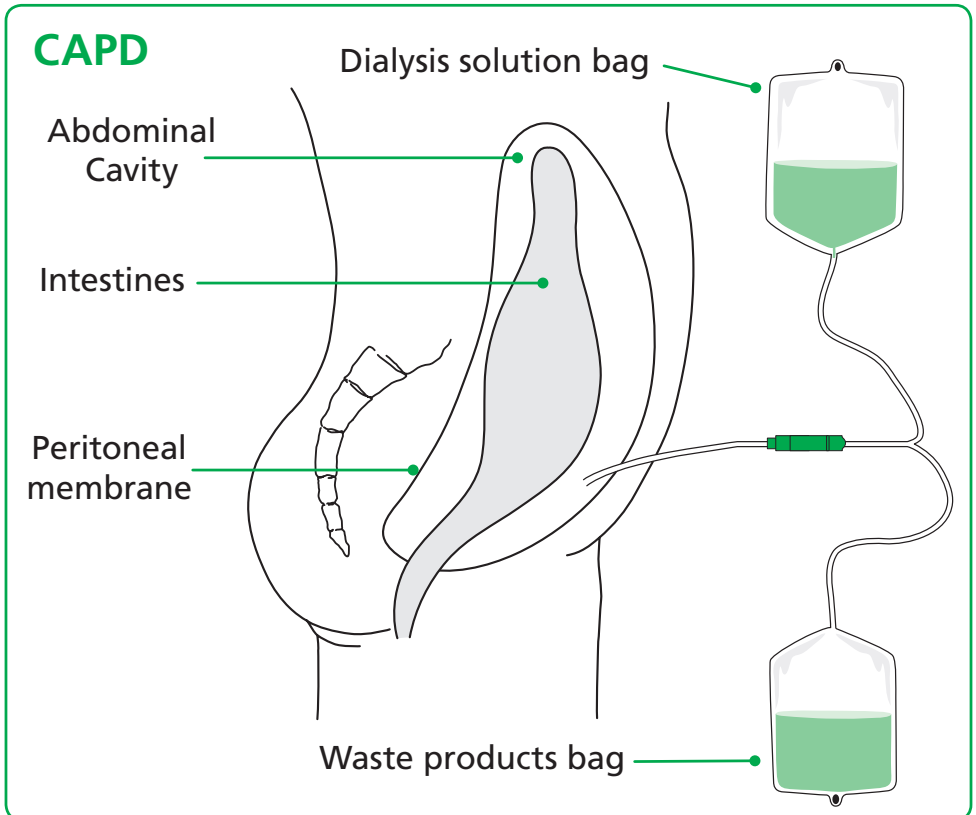
Introduction

This information leaflet provides advice and reminders for people already on continuous ambulatory peritoneal dialysis (CAPD) and automated peritoneal dialysis (APD). It covers:

- Peritonitis
- Peritoneal dialysis (PD) catheter exit site care
- Contact details

Peritonitis

CAPD peritonitis is inflammation of the peritoneum caused by infection. It is important to treat CAPD peritonitis as quickly as possible to prevent you from becoming very unwell and to prevent the removal of your of your PD catheter.



What are the signs and symptoms of peritonitis?

Symptoms include:

- Cloudy fluid
- Tummy pain
- Feeling sick and vomiting
- High temperature

What do I need to do?

- Contact your CAPD unit immediately. If this happens in the evening and the unit is closed, please contact the RAU team or the on-call renal registrar at the Queen Elizabeth Hospital Birmingham (see contacts at the end of the leaflet). You will be advised to come to the hospital straight away. If you can't get through straight away, keep trying
- Make sure you fill up with fluid as you will feel more comfortable
- Bring the bag containing the cloudy fluid with you
- Do not leave it untreated. Peritonitis will not go away and will only get worse

How can I reduce the risk of getting peritonitis?

To reduce the risk the following steps must be taken:

- Always follow the CAPD/APD procedure as you have been taught
- Wash your hands and use hand gel at the correct times
- Keep your exchange area clean and tidy
- Do not touch the connections
- Do not sneeze or cough over your connections
- Do not use a bag that is leaking
- Clean your exit site daily as you have been shown
- Seek treatment promptly if you suspect an exit site infection
- Report any contamination or line disconnection to your PD unit promptly

Useful tips

- Use your card to check your fluid is clear
- If you get tummy pain after an exchange or after finishing APD, don't wait; check your fluid straight away
- Cloudy fluid doesn't always show straight away – keep checking if you still have tummy pain
- When phoning at night, insist on coming up to the hospital, even if you are told to wait until the morning. Peritonitis can get worse within a few hours
- Remember to pick up an antibiotic pack before going away on holiday
- Keep windows closed and switch off fans whilst doing your dialysis
- Keep small children and pets away whilst doing your dialysis

PD catheter exit site

It is important to follow the instructions you have been given to reduce the risk of infection or trauma to the catheter exit site (where the catheter comes out of the skin).

What are the signs and symptoms of exit site infection?

- Redness around the catheter exit site or along the catheter track
- Pain or discomfort around the catheter exit site
- Oozing or pus coming from the catheter exit site
- Swelling around the catheter exit site

What do I need to do?

- Contact the CAPD unit as soon as possible. If you notice it in the evening you can wait until the morning to phone
- Come up to the CAPD for the nurse to look at the exit site
- Do not clean your exit site as the nurse will take a swab to check if there is an infection
- Stop the anti-bacterial cream (Bactroban)
- You may need to start antibiotics

How can I reduce the risk of getting an exit site infection?

- Clean your exit site daily with anti-bacterial soap and water using sterile gauze in a swooping motion
- Dry your exit site with sterile gauze using the same swooping motion
- Apply Bactroban cream to the exit site using a clean cotton bud
- Do not use flannels or sponges around the exit site as this can cause infection
- Put on a clean mepore dressing

Useful tips

- Secure your catheter with tape
- Place a waterproof dressing over the top of your mepore dressing when you go swimming and ask your PD nurse about an activity pouch for your exit site
- **Do not** swim in the sea
- Leave the mepore dressing on when showering then clean the exit site afterwards as you have been shown
- It is not advisable to have a bath. Having a shower with clean running water is better

Useful numbers

- **CAPD Unit (9am-5pm Monday-Friday)**
Telephone: 0121 371 8720/8719
- **Hospital Switchboard**
Telephone: 0121 627 2000
- **Renal Assessment Unit**
Telephone: 0121 371 3017.
Available 08.00–20.00 Monday–Friday,
08.00–16.00 Saturday and Sunday.
- Outside of these hours the on-call renal registrar can be contacted by ringing the Queen Elizabeth Hospital Birmingham switchboard on 0121 627 2000.

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The Trust provides free monthly health talks on a variety of medical conditions and treatments. For more information visit www.uhb.nhs.uk/health-talks.htm

Renal Unit
Queen Elizabeth Hospital Birmingham
Mindelsohn Way, Edgbaston
Birmingham, B15 2GW
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