



Preparation for your Peritoneal Dialysis Catheter Insertion

How to use - Antiseptic body wash, Bactroban ointment, Picolax bowel medication prior to the insertion of a Peritoneal Dialysis catheter.

- If you take Aspirin, Warfarin or Clopidogrel, it is important that you mention it to your nurse as you may need to stop taking it before your procedure.

Introduction

Kidney patients are at high risk of carrying Staphylococcus Aureus. Staphylococcus Aureus is a common germ that is harmlessly carried in the noses or on the skin of many people. The majority of people who carry the germ have no symptoms and are unaware of it. If this germ spreads to a wound, or peritoneal dialysis catheter exit site then problems can occur.

As you are to have a peritoneal catheter inserted, you will be tested for the germ. By taking swabs from your nose, groin, armpit and any wounds we can detect if you are a carrier of Staphylococcus Aureus. You will be given a body wash and nasal ointment to use as a precautionary measure.

The body wash is called Chlorhexidine Soap Solution. The nasal ointment is called Bactroban Nasal Ointment.

You will also be given medication to help clear your bowel, this is called Picolax.

How to use the Picolax Sachets

It is important that you are not constipated before your peritoneal dialysis catheter is fitted. You will therefore be prescribed two sachets of Picolax which is a laxative powder that is mixed with water to drink.

Take one sachet at 8am and one at 12pm **two days before your procedure** to help ensure that your bowel is empty.

Date of catheter insertion

When to start wash and cream

When to take Picolax

How to Use Chlorhexidine Body wash

The body wash is to be used as a liquid soap directly onto the skin and must not be diluted into water first. You should preferably shower or bathe every day for **FIVE** days with the body wash. If you are unable to shower or bathe, the body wash can be used as a liquid soap whilst washing at a sink or bedside.

- Apply approximately 30mls (1 tablespoon full) directly onto the skin, using a wet disposable cloth, (do not dilute the body wash in the water in a wash bowl or bath)
- You should pay particular attention to your hands, around the nostrils, arm pits, groin and other skin folds.
- The body wash should be in contact with the skin for at least **ONE** minute, then rinsed of thoroughly from head to toe
- You should wash your hair **TWICE** during the five days with the same solution.
- Dry, using a clean towel which only you use.
- After your shower or bath, you must put on clean clothing or night clothes.

If the body wash causes any irritation you must inform the nurses at your dialysis unit.

How to use the Bactroban Nasal Ointment

The Bactroban Nasal Ointment is to be applied **THREE** times a day to the inner surface of each nostril for **FIVE** days. This ointment is for your use only. It is to be stored at room temperature. Once your nurse has informed you that the germ is cleared you must discard any remains of the tube.

- **WASH HANDS THOROUGHLY** – then remove cap
- A small amount of Bactroban should be placed on a cotton bud or little finger and applied to the inside of each nostril.
- The nose should be closed by pinching together the sides at each application (this helps to spread the ointment inside the nose)
- Wash hands and replace the cap back on the Bactroban tube
- Apply **THREE** times daily for **FIVE** days. (as well as using the body wash daily for five days)

If you have any queries or problems with the treatments you have been asked to use, please do not hesitate to contact a nurse or doctor on the numbers below:

CAPD 0121 424 3302
Advanced Kidney Care Team 0121 424 2677

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