

Keep It Clean:

Preventing Infection

Preparing For Treatment

Preventing Contamination

Protecting Yourself From Infection



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NxStage® has prepared this document as a supplement to existing labeling and training materials. It is not intended to replace the NxStage System One™, VersiHD™, or PureFlow™ SL user guides or the cartridge instructions for use. Patients, care partners, and providers must review and refer to the applicable user guides and cartridge instructions for use for all Instructions, warnings, and precautions.

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Preventing Infection

Germs that cause infections and disease are found everywhere, including on and inside your body.

▶ What is aseptic technique?

Aseptic technique is a set of steps you follow before, during, and after your treatment to reduce the risk of germs (bacteria, fungi, viruses) from entering your body.

Your intact skin is a natural barrier to germs. When the skin is open, germs can enter your body and blood and cause an infection. For example, your skin is open when you access your blood or when you connect your cartridge blood lines to your vascular access.

What are examples of aseptic technique?

- Washing your hands before connecting or disconnecting parts of the equipment or disposables.
- Not touching line connections and inside the lines that have caps.
- Keeping supplies in a clean and dry environment.

▶ What are universal precautions?

Universal precautions are medical procedures to follow to prevent contamination from potentially infectious blood and bodily fluids.

It is important that you, your care partner, and anyone else observing your treatment follow universal precautions to avoid communicable diseases or infections. Follow universal precautions even if you believe that you do not have any communicable diseases or infections.

What are examples of universal precautions?

Preventing contact with blood and bodily fluids and the spread of disease from person to person.

- Wearing personal protective equipment (PPE) such as gloves and masks.
- Changing gloves whenever they are soiled without touching other areas.
- Performing procedures to minimize leaking, spraying, or splashing of blood and bodily fluids.
- Cleaning dialysis equipment after every use.

Preparing For Treatment

Wash your hands properly before setting up your equipment and preparing for treatment.

▶ Why do I need to wash my hands?

Your hands are one of the most common ways to spread infection. Cleaning your hands gets rid of the germs that you pick up from other people and from the surfaces you touch, which prevents these germs from being spread to others.



▶ When do I wash my hands?

To reduce the spread of infection it is important to wash your hands at the right time and in the right way.

Wash your hands:

- If they are visibly dirty.
- Before putting on gloves **and** after removing gloves.
- After personal bodily functions, such as blowing your nose or using the bathroom.
- Before eating or drinking.
- After contact with areas or items that are likely to be contaminated, such as emptying trash containers or touching pets.

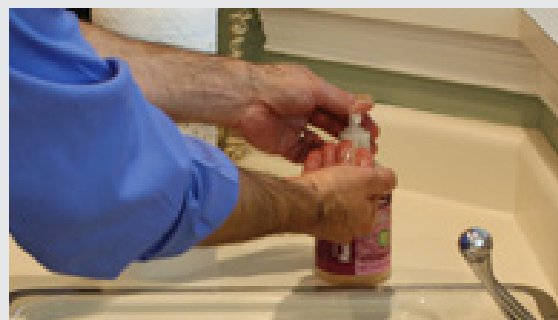
How do I wash my hands?

1. Roll up sleeves and remove jewelry, if you can.
2. Wet hands under warm running water.

Tip: Do not use hot water. Repeated exposure to hot water can irritate your skin.



3. Apply liquid soap into a cupped hand and rub palms together to lather.



4. Wash all hand surfaces vigorously several times. Remember to wash all surfaces of your hands:

- Palms
- Back of hands
- Fingertips
- Between fingers and thumbs
- Wrists

Tip: Take at least 20 seconds to wash your hands. Try humming the “Happy Birthday” song three or more times to make sure you wash long enough.



5. Clean the cuticles and under your fingernails. Wash under any rings that were not removed.
6. Rinse your hands under running water (fingertips to wrists) to remove the soap.



7. Dry hands thoroughly with good quality paper towels that are soft and absorbent. Wet hands may spread germs.

Tip: Don't forget to dry under your ring.



8. Use the paper towel to turn off the faucet and then dispose of the towel.



How do I clean my hands with antiseptic solution?

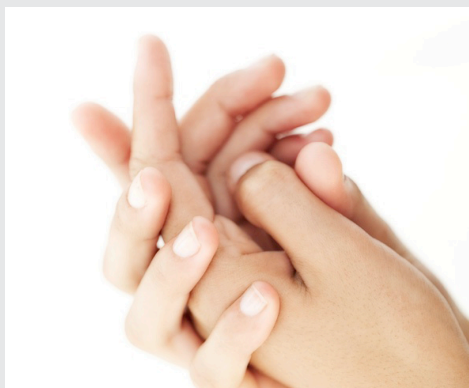
If your hands are not visibly dirty, you can clean them with an alcohol-based antiseptic hand gel.



1. Roll up sleeves and remove jewelry if you can.



2. Apply a 60-90% alcohol waterless antiseptic hand gel to the palm of one hand.



3. Rub all hand surfaces vigorously. Cover all the surfaces of your hands:
 - Palms
 - Back of hands
 - Fingertips
 - Between fingers and thumbs
 - Wrists
4. Continue rubbing your hands together until the gel is dry.

Preventing Contamination

Using proper PPE, such as gloves, storing your supplies and medications properly, and keeping your area clean help to prevent contamination.

When do I wear gloves?

Gloves reduce the risk of infection when in contact with blood or bodily fluids, but do not eliminate this risk completely. Always clean your hands before putting gloves on. See “How do I wash my hands?” on page 6.

Wear disposable, single use gloves for:

- All activities that have a risk of contact with blood or bodily fluids.
- Preparing or caring for your vascular access.
- When touching your dialysis supplies.
- Cleaning equipment likely to be soiled with blood or bodily fluids.
- Disposing of used supplies.



Tip: Use a new pair of gloves each time you care for your vascular access or give IV medications.

How do I remove my gloves safely?

REMEMBER: Your gloves are contaminated, so remove them carefully.

1. Grasp the outside edge near your wrist with the opposite gloved hand.
2. Peel off the glove, turning it inside-out.
3. Hold it in opposite gloved hand.
4. Slide your un-gloved fingers under the remaining glove at your other wrist.
5. Peel off the glove from inside over the first glove, creating a bag for both gloves.
6. Discard the gloves.
7. Clean your hands.



Tip: Gloves can have small holes, leaks or tears. Always clean your hands after removing gloves.

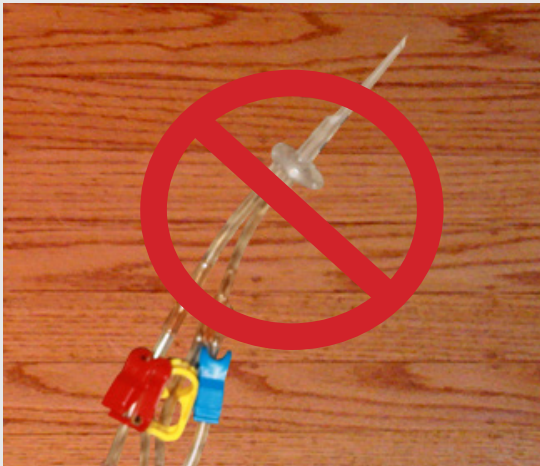
How do I keep my treatment area clean?

Inspect all supplies and solutions

Do not use supplies if you see any of the following:

- Contaminated or dirty packaging
- Past the “use by” date
- Damaged or torn packaging
- Leaking dialysate
- Missing caps or protective covers
- Cloudy dialysate or saline solution

If any of these conditions are found, immediately contact NxStage Technical Support or your center nurse.



Do not allow sterile items, such as needles and priming spikes, to touch non-sterile surfaces. This results in contamination.



When drawing medication from a multiple use bottle, wipe the top of the bottle with an alcohol swab before inserting a needle.

Before and during treatment

When preparing or handling your vascular access, follow these guidelines:

- Perform procedures to minimize leaking, spraying, or splashing of blood and body fluids.
- Clamp the cartridge blood and fluid lines prior to disposal.
- Secure the end of the waste or drain line.



Do not touch the ends of connections points when making sterile connections.

After treatment

The equipment and supplies may be contaminated with blood or body fluids.



Maintain dialysis equipment as directed by your center.



Dispose of used needles in an approved sharps safety container.



Dispose of single use items (other than needles) according to your dialysis center's instructions.

Protecting yourself from infection

If aseptic technique is not followed, you could develop an infection, either:

- Locally (at the site of germ contact)
- Systemically (throughout your whole body)

▶ What are the signs of a local (site) infection?

If an infection occurs at your vascular access site, typical signs include the following:

- **Look for signs of infection.**
Is the site red, swollen, or draining?
- **Feel for signs of infection.**
Is the site warm, tender, or painful?



▶ What are the signs of a whole body (systemic) infection?

If an infection occurs throughout your body, typically signs include the following:

- Feeling hot
- Experiencing chills
- Having a fever

Your normal body temperature =



When sneezing and coughing

- Do not cough or sneeze near a sterile item.
- Avoid sneezing or coughing onto your hands.
- Always use disposable tissues.
- If coughing or sneezing, turn away from others.
- Cover your nose and mouth with clean tissues.
- Dispose of used tissues immediately.
- Clean your hands thoroughly with soap and water or alcohol hand gel.



Notes

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