

Keep It Clean

Get Ready to Do Your Exchange

Germs that can cause infection are found on almost every surface, including on our hands. One of your most important jobs as a PD patient is to keep these germs from getting into your peritoneum, where they could cause an infection.



1. Clean

Prepare your environment and yourself for each PD exchange.

- Clean off your work area.
- Gather all of your supplies.
- Close all windows and turn off fans.
- Remove pets from the room.



2. Mask

- Put on a mask.
- Check that it covers your nose and mouth.
- Ensure that others in the room are wearing a mask.



3. Wash your Hands

Follow these five steps every time.

- Wet your hands with clean, running water (warm or cold), and apply soap.
- Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
- Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
- Rinse your hands well under clean, running water.
- Dry your hands using a clean towel or air dry them and turn off the tap with a clean towel.¹



4. Do your PD exchange

- Warm PD solutions to body temperature as instructed by your PD nurse. PD solution should not be microwaved.
- Follow instructions specific to your prescribed modality.

Peritoneal dialysis does involve some risks that may be related to the patient, center, or equipment. These include, but are not limited to, infectious complications. People on dialysis should consult their doctor to understand the risks and responsibilities of performing peritoneal dialysis.

¹ About Handwashing. Centers for Disease Control and Prevention. Last modified February 16, 2024.