



Your Daily PD Routine

When you are on dialysis, it is important to measure your vital signs daily and take good care of your catheter exit site. Below are some tips and reminders:

My ideal blood pressure

Call the center if your blood pressure is below _____ or above _____.

My ideal weight

Call the center if your weight is below _____ or above _____.

My ideal pulse

Call the center if your pulse is below _____ or above _____.

Call your doctor or PD nurse if your temperature is more than _____ °F.

Blood Pressure (BP)

- Remove clothing from upper arm.
- Be in a sitting position.
- Avoid exertion before taking BP.
- Measure at the same time daily.

Weight

- Weigh yourself with similar type of clothing each day (i.e., jeans and sweater or pajamas).
- Weigh at the same time every day.
- Use the same scale every time.

Pulse

- Daily or as directed.
- Take for one full minute.
- Note if beats are regular or irregular.

Temperature

- Daily or as directed.
- Wait 10 minutes after smoking, eating, or drinking.



Exit Site Care

- Wash and dry hands.
- Check for signs of infection (redness, swelling, drainage, or soreness). Call your nurse if you experience any of these.
- Wash exit site with antibacterial soap.
- Dry thoroughly.
- Apply antibiotic ointment (if prescribed).
- Apply dressing (if using).
- Anchor catheter to abdomen.



Record Keeping

- Record CAPD exchanges daily.
- Keep complete and accurate records.
- Bring records to center visits.

Important: This card is for informational purposes only and is not intended to be medical advice. Questions regarding treatment should be directed to your physician or qualified healthcare provider.

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.

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