Caring For Your Dialysis Catheter

**General Cautions**

- Avoid activities or wearing tight clothing/undergarments, which may cause the catheter to be pulled on or moved.
- Never use scissors, pins or sharp objects near your catheter. You could accidentally nick or damage the catheter. Do not shave hair around catheter site.
- Do not remove the dressing. Your dressing will be changed by the dialysis staff (usually once a week or more if needed). If your dressing becomes loose, secure it with tape.
- The clamps on the catheter should never be opened and the end caps should never be unscrewed between treatments. If clamps somehow are found open, please close them.
- When coming for your dialysis treatment, please wear loose clothing so the nurse can easily get at your catheter for your dialysis treatment.

**Showering and Bathing**

To prevent an infection the following instructions should be followed.

- It is important to keep your catheter and dressing clean and dry. Please avoid getting your catheter and dressing wet. When you take a shower or bath, you will need to cover your catheter with plastic wrap secured with tape – making sure to cover the entire dressing. Please note: The plastic dressing applied in dialysis is not waterproof and needs to be covered with plastic wrap.
- Do not submerge your catheter below the level of water in a bath, hot tub or swimming pool.
- If the dressing should become wet it should be changed as soon as possible. The wet dressing could cause an infection. The dialysis staff will instruct you in how to do this.
- Keep your body clean especially the skin near your catheter. This will lower your chance of infection.
Emergency Care

The following are problems that may arise with your catheter and what you should do about them.

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<tr>
<th>PROBLEM</th>
<th>RESPONSE</th>
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<td>1. Bleeding from around the catheter exit site, the gauze dressing is soaked and it is leaking through the plastic dressing.</td>
<td>Do not remove dressing. Cover with clean gauze or clean paper towel. Call the Dialysis Clinic (415) 885-7422</td>
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<td>2. Swelling of face, neck, chest, or arm. There may be a blood clot blocking the flow of blood.</td>
<td>Call the Dialysis Clinic (415) 885-7422</td>
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<td>3. Drainage, redness, pain and/or swelling at the exit site.</td>
<td>Call the Dialysis Clinic (415) 885-7422</td>
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<td>4. Fever (greater than 38º). This may be a sign of infection.</td>
<td>Call the Dialysis Clinic (415) 885-7422</td>
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<td>5. Damage to the catheter such as leaking or a hole, cut, or crack in the tubing.</td>
<td>Call the Dialysis Clinic (415) 885-7422</td>
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<td>6. Catheter starts to come out.</td>
<td>Tape catheter securely with tape. Do not pull catheter out or attempt to push it back in. Call the Dialysis Clinic. (415) 885-7422</td>
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The Adult Dialysis Clinic is open Monday through Saturday from 5am to 11:30pm. Should you have an emergency related to your catheter after these hours and can not get in touch with your doctor, go to the nearest emergency room.

WHAT TO DO IF YOUR CATHETER SHOULD ACCIDENTALLY COME OUT

• Lay down flat on your back immediately.
• Put pressure with a clean cloth, gauze or if necessary your hand directly over the site where the catheter was placed for 15 minutes, check for bleeding. If still bleeding, continue to hold pressure over site until bleeding stops.

**Call 911 or go to the nearest hospital emergency room.**