

# PD Drain Problem Solving Guide

Recognize outflow or drain problems and understand what you and your PD team can do to help find solutions

## What To Do If You Have...

### Trouble Draining

- Look for kinked or clamped catheter or drain lines
  - Straighten lines and open clamps
- Make sure tubing is free of kinks before securing catheter or taping drain line
- Wear non-confining clothing
- Change body position during drain
  - Roll side to side (to move fluid)
  - Sit up (to increase intra-peritoneal pressure)<sup>1</sup>
- Look for fibrin or clots in drained fluid

**Tell your PD Nurse about any drain problems, cloudy fluid or fibrin, or discomfort**

### Constipation

- Increase dietary fiber and regular exercise
- Be sure you are taking your stool softeners, if prescribed

**If problems still exist, treatment from your PD nurse or physician may be necessary**

## What Your Nurse or Physician May Do If...

The following procedures should be performed only under the direction and supervision of your physician and PD nurse.

### Fibrin or Clots Are Noted

- Flush or irrigate catheter per protocol
- Add heparin to PD solution<sup>1</sup>, if prescribed

### Infection is Suspected

- Collect samples of drained fluid
- Begin antibiotic treatment as instructed<sup>1</sup>

### The Catheter Kinks Under the Skin or Dressing

- Remove dressing
  - Straighten kinks and secure catheter in place
- Apply gentle pressure over tunnel<sup>1</sup>
  - If pressure improves flow, nurse will notify surgeon

### The Catheter Moves Out of Position

- Ask you to:
  - Crouch in a knee chest position (during dwell)
  - Walk up and down stairs (during dwell)
- Have an X-ray to check placement

**If problems still exist you may be required to visit your surgeon for catheter issues related to blockage or kinks inside the catheter or below the surface of your skin. It may even be necessary for your catheter to be replaced.**

1. Ash S, Daugirdas JT. Peritoneal access devices. In: Daugirdas JT, Blake PT, Ing TS, eds. Handbook of Dialysis. 4th Ed. Philadelphia: Lippincott, Williams and Wilkins, 2007:356-375

2. Gokal R, Alexander S, Ash S, Chen TW, Danielson A, Holmes C, Joffe P, Moncrief J, Nichols K, Piraino B, Prowant B, Slingeneyer A, Stegmayr B, Twardowski Z, Vas S. Peritoneal catheter and exit site practices toward optimum peritoneal access: 1998 update. *Perit Dial Int* 18, 11-33, 1998

