Important: With this and all Peritoneal Dialysis procedures, always maintain aseptic technique. This information is provided for quick reference only.

Pick up the stay•safe® disc with its colored plastic cover. Turn the blue dial on the disc counterclockwise until it fits into the cut-out portion of the plastic cover. Remove the plastic cover after the dial is in the cut-out. The blue dial will be at Position 1 ( ).

Remove the stay•safe® cap from its package. Place the cap in one of the two notches on the organizer.

Unscrew your extension set from its cap. The cap will remain in the organizer.

Open the clamp on your extension set. You will start to drain as soon as the clamp is opened.

When your drain is complete, turn the dial to Position 2 ( ). This will start the flush from the fill bag to the drain bag. Make sure the line between the solution bag and disc fills completely.

After about 5 seconds, turn the indicator to Position 3 ( ). This will start the fill to your abdomen.

Close the clamp on your extension set. Unscrew the protective cover from the new stay•safe® cap. Remove your capped extension set from the organizer and secure it to your abdomen.

If desired, place the protective cover from your new stay•safe® cap on the used cap. Then remove the cap from the organizer and place the other end of the cover on the disc to prevent drips. Record your exchange on your flow sheet and discard the used tubing and solution as instructed by your facility.
Getting Ready to Do Your Exchange

Keep it clean!

Germ that cause infection are found on almost everything. One of your most important job is to keep these germ from getting into your peritoneum where they could cause an infection.

1. Clean
   - Clean all your work area.
   - Gather all of your supplies.
   - For CAPD – warm your solution with dry heat. Do NOT microwave.
   - Close all windows and turn off fans and air conditioners.
   - Remove pets from the room.

2. Mask
   - Put on a mask.
   - Make sure it covers your nose and mouth.

3. Wash your hands
   - Turn on the water and wet your hands.
   - Use soap from a pump dispenser.
   - Lather and wash well for at least one minute.
   - Be sure to clean under your nails.
   - Dry your hands well.
   - Use a paper towel to turn off the faucet.

4. Do your exchange

Understanding PD
A basic guide for resolving common issues that occur during your dialysis exchange

Troubleshooting Exchange Problems
A basic guide for routine clinical activities such as taking blood pressures and weight

Managing Your Fluid Balance
Provides guidelines to identify fluid overload and dehydration

Getting Ready to Do Your Exchange
A step-by-step guide for making sure your exchange area is clean

Catheter & Exit Site Care
Provides useful information for caring for your peritoneal dialysis catheter

Your Daily Routine
A basic guide for routine clinical activities such as taking blood pressures and weight

Also Available from Fresenius Medical Care

Basic Training Flyers

These are just some of the flyers that are available for your nursing staff to use in helping you understand what peritoneal dialysis is and helping you remember to follow steps that will keep your procedure clean and how to check to make sure the treatment is working well for you. If you are interested in learning more about these flyers or receiving copies of your own, please ask your PD nurse.

For inquiries or questions, please contact your clinic’s PD nurse.