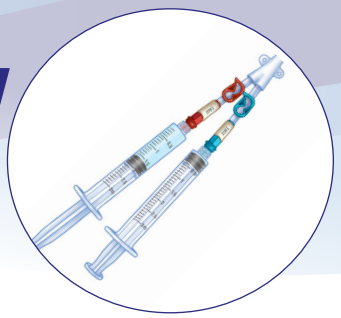
Catheter Lock Solution Safety

Your catheter is your *lifeline*



NOTE: This handout does not replace your training!

Your dialysis nurse will train you to care for your CVC and use the lock solution your doctor prescribes. Use this handout to remind you of the steps you learned.

Always follow the steps from your nurse. When in doubt, stop and call your care team.

1 Clean Hands Before You Start

- Wash your hands or use sanitizer before you touch your supplies.
- Keep your workspace clean to help keep you safe.
- Always perform *hand hygiene* between steps.

Watch the video on *How to Use a Catheter Lock Solution*

2 Get Ready

- Gather the supplies
- Check for damage and expiration dates
- Set up a clean workspace
- Keep pets out of the room
- Turn off fans
- Wear a mask
- Perform hand hygiene

Ask Yourself: Do I feel rushed? Distracted? Do I have all my supplies? Are they clean and unopened? Do I feel confident with the steps? Did anything touch something it should not touch?

If something does not look right or feel right, **STOP**. Start over with fresh supplies.

3 Check Your CVC and Exit Site

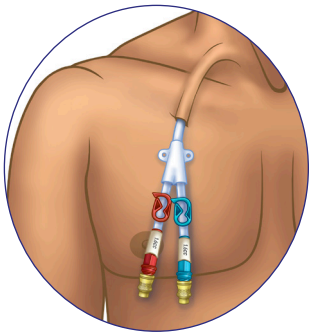
Make sure that the **CVC**:

- Clamps are closed
- Tubing and hubs are not damaged
- Caps are in place and not broken
- Position has not changed

Make sure that the **exit site**:

- Dressing is dry and intact
- Has no swelling or drainage
- Does not hurt or feel warm
- Is not bleeding

Make sure there is no swelling along the **tunnel**–the area of skin over the CVC tubing.



Watch Out for Catheter-Related Bloodstream Infections (CRBSIs)

Call your care team right away or go to the ER if you have any signs of a CRBSI. These include:

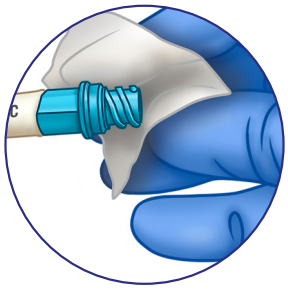
Fever • Chills
Sweats • Shakes

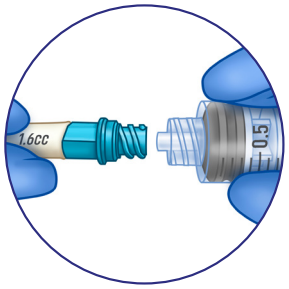
Fast heartbeat
Low blood pressure

Dizziness • Weakness
Confusion

Feeling very unwell
at the start of HD

4 Keep Your CVC Clean

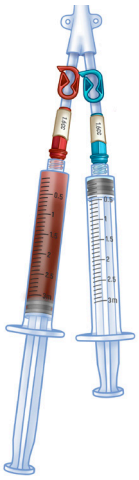




Your CVC leads straight to your heart. The hub is a high-risk spot for germs. To keep yourself safe:

- Never rush.
- Clean your hands before you touch your CVC or supplies.
- Keep sterile parts sterile. Wear a mask.
- Scrub the hub for the full time your nurse taught you.
- Let the disinfectant dry on its own.
- Do not fan or blow on the hub to speed drying.

5 Out With the Old



Before you start a home HD treatment, remove the old catheter lock solution* from your CVC just as your nurse taught you. Remember:

- ✓ Old catheter lock solution may contain medicine, blood, or clots.
- ✓ Remove it and throw it out as your nurse taught you.
- ✓ Keep the CVC and supplies sterile.

***Stop and call your team right away** if you can't remove the old solution from your CVC, or:

- You feel resistance.
- You can't pull back or push in.
- You have pain.
- The area looks puffy or swollen.
- You think the CVC may have a leak.
- You can see the cuff.
- There is a crack in the tubing, cap, or hub.

6 Run Your Treatment

- Secure the bloodlines so they don't pull.
- Always keep the bloodlines where they can be seen.
- Do not reverse lines unless your nurse has taught you to.
- Be ready to disconnect after you rinse back.

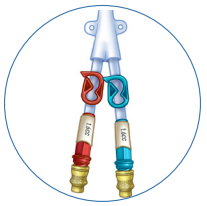


Have a safe treatment!
Stop and call your team right away if you have any questions.

7 After HD, Prepare to Lock Your CVC

Your nurse may tell you to lock each lumen of your CVC with a catheter lock solution. If your prescribed lock solution is DefenCath:

- Use the correct syringe size.
- Draw up the exact amount ordered for each lumen: do not guess!
- Never mix CVC lock solutions with other medications.
- Lock your CVC as you were taught.
- Replace caps if needed.



DefenCath is for use as a CVC lock solution only. **It is not a flush**.

DefenCath may help reduce the risk of infection when used correctly. **It does not take the place of good CVC technique**.

Your job at home is to prevent infection. Good technique matters every time.

REMEMBER

- Clean hands every time
- Keep sterile parts sterile
- Follow your nurse's instructions
- Call your care team with concerns

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