

Sterile Technique for Peritoneal Dialysis



General information:

Some procedures you do at home require sterile technique. This is because people who are ill have lowered body defenses and are more likely to get infections. Your doctor or nurse want you to use sterile technique when you do your procedure, because it is best for you.

The purpose of using sterile technique is to prevent infection. The word sterile means completely free from germs. Some rules of sterile technique to keep in mind are listed below.

Rules of Sterile Technique:

- Always wash your hands before and after doing any sterile procedure. Germs are everywhere. They are on everything that is not sterilized. Your hands still have some germs on them even after you have washed thoroughly, but handwashing is very important.
- Germs that cause infection cannot be seen except with a microscope. Sterile supplies are germ free. Special care must be taken when you handle these supplies to keep them sterile. Your nurse will show you how to keep supplies sterile.
- The more germs that are present, the greater the chance for infection. A few germs multiply to become thousands in a short time.
- Germs grow faster in a wet area than in a dry area. Sterile supplies must be kept dry.
- Prepare an area where the procedure will be done by washing the counter or table with an antibacterial cleaning agent. **Make sure the surface is dry** before you put your sterile supplies down.
- Wear a mask any time the system is open or you are opening a package of supplies.
- Put on your mask before washing your hands - this will protect you from any bacteria from coughing or sneezing.

If you would like more written information, please call the Library for Health Information at (614)293-3707. You can also make the request by e-mail: health-info@osu.edu.

© Copyright, (8/2004)
Dialysis Center
The Ohio State University Medical Center

- ▶ Upon request all patient education handouts are available in other formats for people with special hearing, vision and language needs, call (614) 293-3191.