

# Swimming with a PD Catheter

---

The weather is getting warmer and swimming is a popular summertime activity. People on peritoneal dialysis can swim in certain circumstances but can develop serious infections if they are not careful. Follow the guidelines below to help lower the risk of infection while participating in water activities this summer.

1. Only swim in **privately** chlorinated swimming pools and oceans.
2. Fresh bodies of water (lakes, ponds, rivers, hot tubs) contain a large amount of bacteria so you should **not** swim in these.
3. Keep the PD catheter covered with an occlusive dressing and with an anchor in place to prevent tugging of the catheter.
4. Shower **immediately** after exiting the water.
5. Right after your shower, perform exit site care and change the minicap with clean technique as usual.
6. Do not allow wet dressing or wet clothes to remain in contact with the PD catheter exit site.

**As always, be on the lookout for signs of an exit site infection or peritonitis after swimming.**



**Perfect for PD:**

- Privately chlorinated pools
- Oceans



**Avoid when on PD:**

- Lakes
- Hot tubs
- Ponds
- Rivers

Disclaimer: This document contains information and/or instructional materials developed by Michigan Medicine for the typical patient with your condition. It may include links to online content that was not created by Michigan Medicine and for which Michigan Medicine does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

Author: Rachel Galimberti, RN and Kelsey Danehy, RN  
Reviewers: Vivian Shih, MD

Patient Education by [Michigan Medicine](#) is licensed under a [Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International Public License](#). Last Revised 07/2022