

# PICC Care

UAMS®

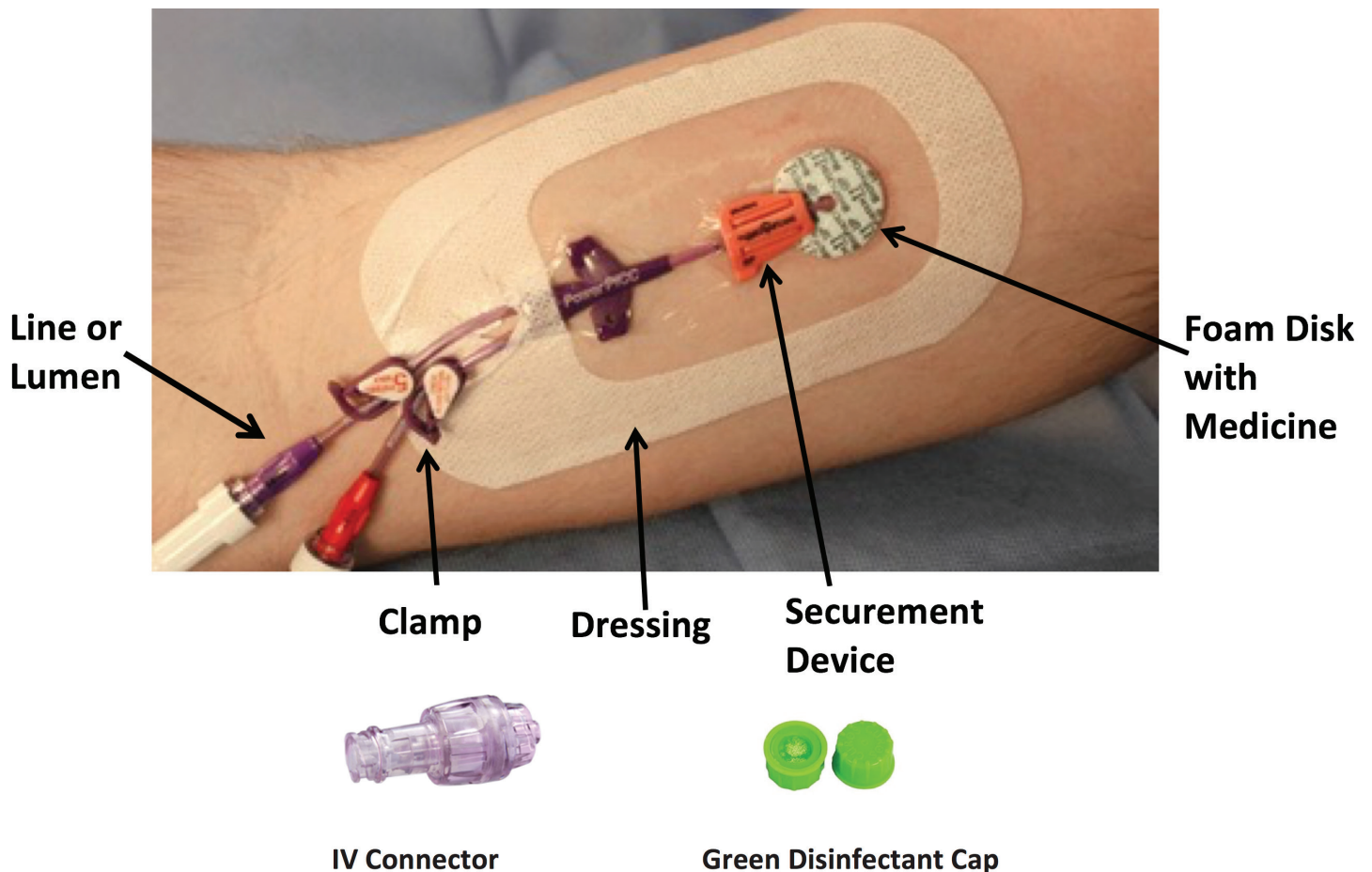
## for PICCs with a Sub-Q Securement Device

### Watch a Video for a Refresher on PICC Care:

In Hospital: Call **526-4766** and enter code **397**.

At Home: **Go to [www.patientslearn.org](http://www.patientslearn.org)** and go to the **“Rehabilitation”** section.

PICC stands for Peripherally Inserted Central Catheter. Your PICC needs special care which will be explained in this handout.



### What Does Care of the PICC Line Include?

- Flushing each line every 24 hours (page 5)
- Changing the IV Connector every 7 days (page 6)
- Changing the dressing every 7 days (pages 7-8)
- Taking antibiotics, as needed (page 3-4)

## What Things Do I Need to Remember?

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- Care should be done in a clean, dry place away from food, drafts, children or animals. Do not care for your line in the bathroom.
- Use an alcohol wipe or an antibacterial wipe to clean the table where you will place your supplies.
- Wash your hands. Remove any jewelry and wash your hands for 2 minutes with a liquid antibacterial soap in a pump dispenser. Use a paper towel to dry hands and then turn off the water.
- **Do not** use scissors on or around your PICC line.

## What Supplies are Needed?

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| ■ Dressing kits                         | ■ Pre-filled saline syringes                                  |
| ■ IV Connectors                         | ■ Pre-filled heparin syringes                                 |
| ■ Alcohol pads                          | ■ IV extension (only if patient is giving antibiotic to self) |
| ■ Disinfectant Caps – one time use only |   |

## Call your healthcare provider if you notice any of the following

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|----------------------|--|
| ■ Redness            | ■ Leaking at the insertion site or anywhere along the catheter |
| ■ Flu-like symptoms  | ■ Chills or fever of 101 degrees or higher                     |
| ■ Drainage           | ■ Cannot flush the PICC catheter                               |
| ■ Pain in the ear    |  |
| ■ Warmth or swelling |  |

## Showering

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The dressing over your line is not waterproof. To take a shower, cover the dressing and all lumens with a water proof covering such as plastic wrap, a plastic baggie or any commercial product made for that use. Tape the edges of the covering with water proof tape. Try not to allow water to fall directly on your line even though it is covered. After showering, completely dry the covering and then remove.

# How to Give an IV Antibiotic through PICC

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## Supplies:

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- Two (2) pre-filled saline (Sodium Chloride) syringes
- One (1) pre-filled heparin syringe
- Alcohol wipes
- Bag of Antibiotic and Tubing
- Replacement Cap (if you receive this antibiotic more than once a day)

## SASH:

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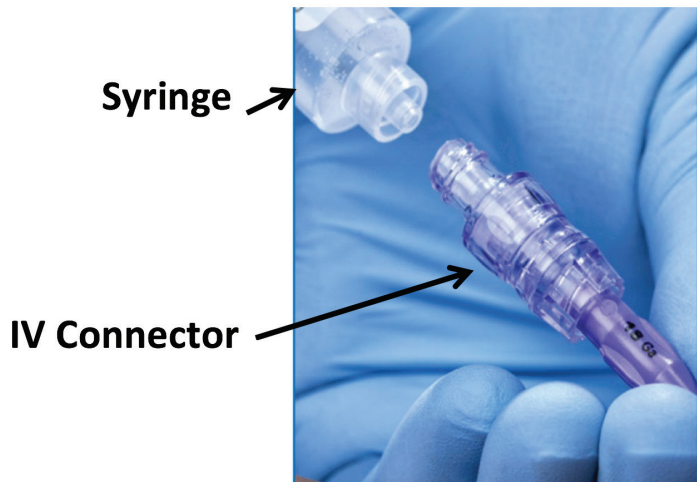
- S - Saline (10 ml)
- A - Antibiotic or A Medication
- S - Saline (10 ml)
- H - Heparin (1 ml)

**Important! If you can't flush the catheter, do not force the fluid through the cap. Instead, re-clamp, then remove the syringe and call your health care provider.**

1. Remove your antibiotic from the refrigerator at least 30 minutes before you need to use it. Clean your table, gather all supplies and wash your hands.
2. Close the clamp on the tubing and remove cap from the tubing spike. Then remove plastic plug from your antibiotic bag.
3. Twist spike into port on the antibiotic bag. Hang your bag up where it is above the heart. Squeeze chamber half full. Make sure the dial is set to "Prime" and unclamp tubing. Allow fluid to go all the way down to the end of the tubing. Once it reaches the end, clamp it right away to prevent losing any medication out the end of the tubing.
4. Pick up saline syringe. Tap the syringe to remove any bubbles. Leave the cap on and push up on the plunger. Then remove the cap and push the plunger up further to remove all air. Push plunger up until a drop of fluid comes out the top of the syringe.  
***Do not lay down an uncapped syringe.***
5. Open alcohol pad, pick up lumen, remove green disinfectant cap and scrub the connector with alcohol for 15 seconds and let dry for 15 secs.

- 6.** Attach the saline syringe, open clamp and flush your line with 10 ml of saline. Close clamp and remove syringe.
- 7.** Scrub end of the catheter line with alcohol for 15 seconds and allow to dry for 15 secs. Take the cap off of the tubing and attach tubing to your line. Make sure the dial is at \_\_\_\_\_ . Unclamp tubing and the line and you will begin to see dripping in the chamber. This means the medicine is infusing.
- 8.** When bag is empty, clamp your line and the tubing and put a replacement cap on tubing or discard tubing if it is a daily dose.
- 9.** Pick up saline syringe. Remove air from syringe as instructed in #4 and then scrub connecting device with alcohol for 15 seconds and let dry for 15 seconds. Attach the syringe, open clamp and flush with 10 ml of saline. Close clamp and remove syringe.
- 10.** Pick up heparin syringe. Remove air from syringe as instructed in #4 and then scrub connecting device with alcohol for 15 seconds and let dry for 15 seconds. Attach the syringe, open clamp and flush with 1 ml of heparin. Close clamp and remove syringe. Discard heparin syringe. You cannot re-use it.
- 11.** If you have a new green disinfectant cap, put it on the end of the connector.

# How to Flush the Catheter



Each line (lumen) of your PICC must be flushed or used **every 24 hours**. If the patient will be flushing the PICC him/herself, you will need an extension. Ask your Home Health Agency for one.

**Important!** If you can't flush the catheter, do not force the fluid through the cap. Instead, re-clamp, then remove the syringe and call your health care provider.

1. Wash your hands and clean your table.
2. Remove saline and heparin syringes from their packages. You will need 1 saline syringe and 1 heparin syringe for each lumen.
3. Pick up saline syringe. Tap the syringe to remove any bubbles. Leave the cap on and push up on the plunger. Then remove the cap and push the plunger up further to remove all air. Push plunger up until a drop of fluid comes out the top of the syringe. Do not lay down an uncapped syringe.
4. Open alcohol pad, pick up lumen, remove green disinfectant cap and scrub with alcohol for 15 seconds and let dry for 15 seconds.
5. Attach saline syringe to lumen by pushing and twisting the syringe clockwise onto the cap.
6. Open clamp and infuse 10 ml of saline (use the whole syringe). Close clamp and remove syringe.
7. Pick up heparin syringe. Remove air as explained in #3 above. Do not lay down an uncapped syringe.
8. Open alcohol pad, pick up lumen and scrub with alcohol for 15 seconds and let dry for 15 seconds.
9. Attach heparin syringe to lumen by pushing and twisting the syringe clockwise onto the cap.
10. Open clamp and infuse 1 ml of heparin. Close clamp, remove the syringe and then discard it. You cannot re-use the syringe.
11. Repeat steps 3 - 10 if you have additional lumens.
12. If you have a new green disinfectant cap, put it on the end of the connector.

# How to Change the IV Connector

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The IV Connector must be changed **once a week** or more often as needed.

1. Clean work area with alcohol.
2. Wash hands with a liquid antibacterial soap.
3. Make sure catheter is clamped.
4. Open new connector package and place on table so that the connector stays in the package and you will be able to get it out with one hand.
5. Remove old connector and hold the catheter so the end does not touch anything.  
***Do not lay down your catheter!***
6. With the hand that is not holding the line, pick up the new connector and take off the protective tip.
7. Screw the new connector into place.

# How to Change the Dressing

The dressing must be changed **once a week or any time the dressing becomes soiled, wet or loose**. Gauze dressing must be changed every 24 hours. You will need help to change the dressing.

1. Clean your table and wash your hands.
2. Carefully remove the old dressing by pulling it up towards the insertion site. Wash hands again.
3. Open the dressing change kit. Touch only the outer corners of the kit. Do not touch the contents of the kit.



4. Remove the mask and sterile gloves without touching the contents of the kit.



5. Open sterile drape touching only the edges and place drape on the table. Pick up dressing kit and drop contents onto the center of the sterile drape without touching the drape.



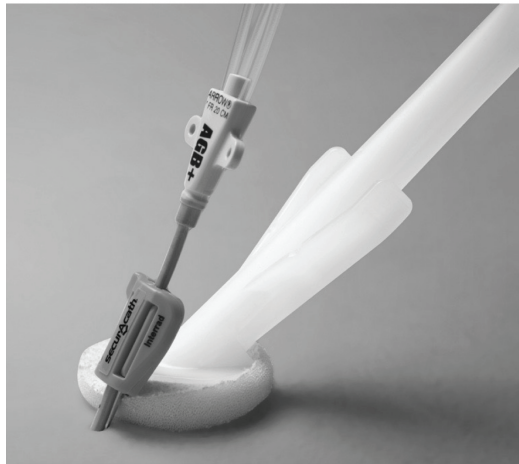
6. Put on sterile gloves (**Top Photo**). Remember, "sterile touches sterile" (**Bottom Photo**).



- 7.** Pick up the Chloraprep applicator. Pinch the wings on the Chloraprep applicator to release the antiseptic.

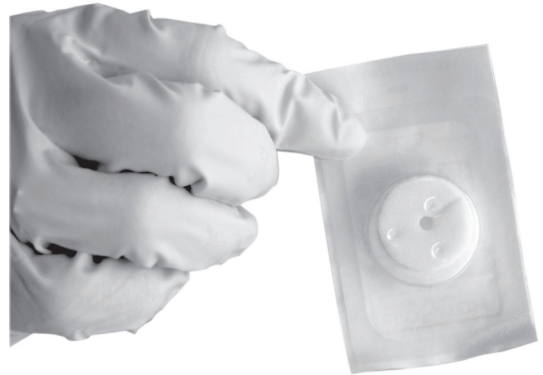


- 8.** Do not touch the sponge with your fingers. Wet the sponge by pressing and releasing the sponge against the treatment area.



- 9.** Clean an area the size of the dressing for 30 seconds by using up and down and back and forth strokes. Let air dry for 30 seconds. Do not blot, wipe or touch the area for any reason after the Chloraprep has been applied.

- 10.** Open the medicated foam disk package. Place the disk (printed side up) around the insertion site of the catheter using the slit to fully surround the catheter. The arrows on the disk should be pointing toward the insertion site.



- 11.** Apply dressing by centering over the insertion site. Make sure the insertion site, securement device and wings are under the dressing.
- 12.** Record the date to remind you when it needs to be changed. Dressing should now look like the picture on page 1 of this handout.