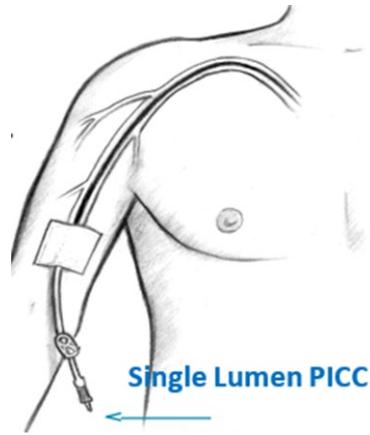




PICC stands for peripherally inserted central catheter. A PICC is a type of intravenous (in the vein, or IV) catheter. It is a thin tube inserted into an arm vein and ends at a large vein near the heart. A PICC may stay in place for 6-8 weeks.

A PICC may be used to:

- Give IV fluids, nutrition, or medicines.
- Give blood products.
- Draw blood for tests.
- Some PICCs are Power-PICCs. Only a Power-PICC may be used to inject a dye before imaging tests.



**This section will be completed by the health care team that inserted your PICC. Be sure to save this information and share it with all members of your cancer care team.** A PICC is measured to fit your body.

About your PICC:

- The manufacturer name and lot # is: \_\_\_\_\_/\_\_\_\_\_
- Date of insertion: \_\_\_\_\_
- Your catheter length is \_\_\_\_\_cm long
- Your catheter size (thickness) is:  4 Fr  5 Fr
- Your catheter is a **Power-PICC**?  **Yes**  **No**
- *Lumens* are the inner spaces of each tube of the catheter. Your catheter is:
  - Single Lumen
  - Double Lumen
  - Triple Lumen

This section contains useful information and may be completed by you, a caregiver, or a nurse:

Home Health Agency (visiting nurse):

Phone:

Expect first visit:

Supply company:

Phone:

Expect first delivery:

### Stay clean and organized

- Store all PICC supplies in a clean, dry space.
- Before you touch your PICC, **always wash and dry your hands.**
- Use soap and water or an alcohol-based hand rub, like Purell®.

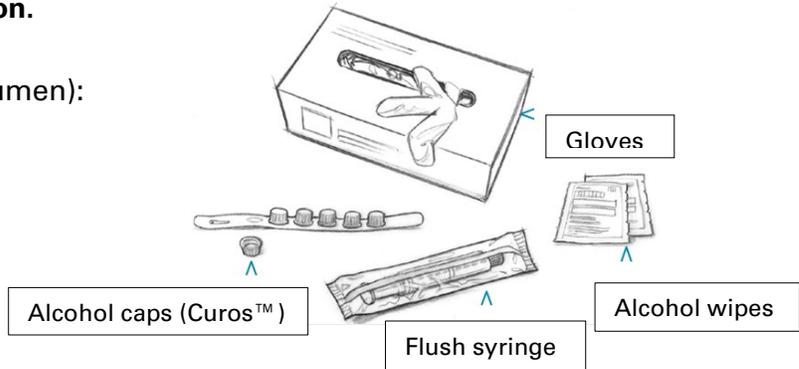
## PERIPHERALLY INSERTED CENTRAL CATHETER (PICC)

### Care:

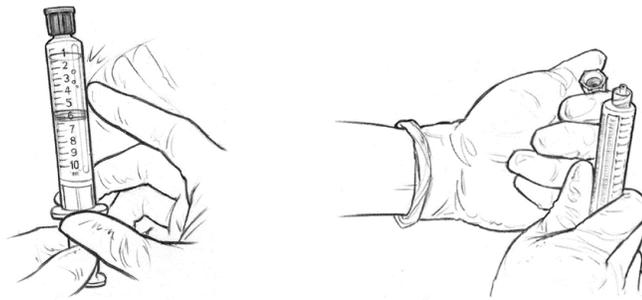
Your PICC requires daily care, including flushing with a saline solution, to prevent an infection and to prevent clots from forming in the catheter. Only persons who are taught to properly care for the catheter should handle the PICC. **Flush each lumen of your PICC daily with 10 mLs of 0.9% sodium chloride (saline) solution.**

Supplies needed (enough for each lumen):

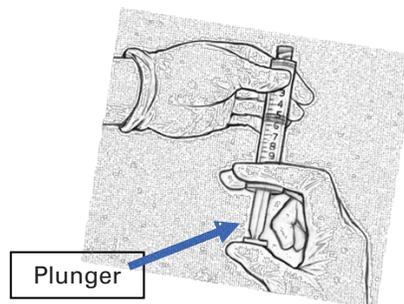
- Catheter caps
- Alcohol wipes
- Prefilled saline flush syringe
- Gloves (optional)
- Alcohol covers (i.e. Curoc™)



1. Wash your hands and sanitize your work area. If you'd like to wear gloves or have been taught to, put gloves on now. Remove the flush syringe from its packaging, hold it straight, with the plunger pointing to the floor. Tap the syringe so that any air bubbles rise to the top. Remove the cap.



2. Push the plunger to the 10mL line to remove any air bubbles and extra flush from the syringe. Some saline may drip out, which is ok. **Do not let the end of the syringe touch anything other than the end of the PICC. Recap the syringe if necessary while performing the next steps.**



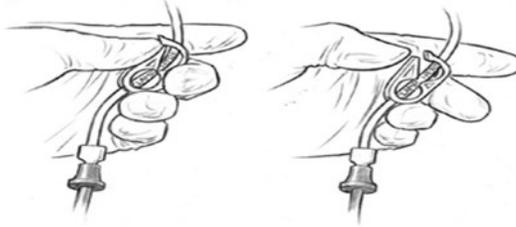
3. You may have a green "alcohol cover" at the end of your catheter. If you do, remove this cap.
4. Scrub the PICC where you will connect the syringe with an alcohol wipe for 10 seconds.

## PERIPHERALLY INSERTED CENTRAL CATHETER (PICC)

**\*Be careful not to let the end of the flush syringe or the end of your PICC touch anything during this process. They need to remain sterile.**

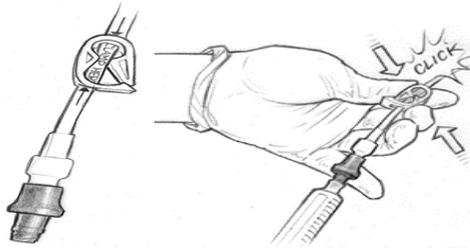
5. Screw the flush syringe onto the end of the catheter cap.

6. Open the clamp on the catheter.



7. Push 1 mL of saline at a time and briefly stop. This is called a “push-pause” method. Continue to push 1 mL, then pause, repeating until you have completed all 10 mLs. *Do not use force to flush. If flushing is difficult, call your visiting nurse or cancer care team.*

8. When all 10 mLs have been pushed, clamp the tubing over the wording that says “clamp here.” You should hear a “click.”



9. While holding the catheter cap, unscrew the syringe from the catheter. Make sure the catheter cap stays on the catheter tightly.

10. If you had a green alcohol cover at the end of your catheter, replace with a new cover. Do not reuse an old cover.

11. If you have multiple lumens, repeat these steps with each one.

### Remember to:

- Check your PICC dressing **daily** to make sure it is not wet or loose.
- Change your PICC dressing **every 7 days**, unless loose or wet - then change right away.
- Change PICC caps and extension tubing **every 7 days**.



## Showering and Bathing

Your PICC must stay dry to prevent an infection or loosening that could cause it to come out. You can take baths or showers. Be careful and follow these instructions.

- Do **NOT** get your catheter, dressing or connections wet.
- Do **NOT** allow your PICC to go underwater in a pool or tub.
- Protect your PICC from water in the shower or bath. You must cover it completely with plastic wrap.
  - Plastic wrap options include:
    - Glad Press-‘n-Seal®
    - Bathguard®
    - AquaGuard®

*Bathguard® & AquaGuard® are available in either the Dana-Farber Friend's Place or the Brigham & Women's Gift Shops*

If your dressing *does* get wet, change the dressing **right away**. If you need assistance, call your visiting nurse or cancer care team right away.

## While you have a PICC:

- Do **not** submerge in tub.
- Do **not** swim.
- Do **not** do contact sports.
- Do **not** do activities that use your arm muscles such as vacuuming, golf, or tennis.
- **Avoid** activities that cause sweating. This may loosen the dressing.
- Do **not** use sharp objects like scissors, knives, or safety pins near dressing.

## Danger Signs:

Don't wait! Call your cancer care team **RIGHT AWAY** if you have any of these signs of infection:

- Redness or warmth around your catheter.
- Chills or a fever of 100.4° F (38° C) or higher.
- Bleeding, swelling, or drainage around the catheter.
- Your arm becomes swollen.
- The catheter appears to be coming out or looks broken.

## Call your home care nurse or cancer care team if:

- The dressing is wet, soiled, or loose.
- The catheter is kinked or hard to flush.

*The instructions in this teaching sheet are for informational purposes only. The content is not intended as a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your doctor or other qualified health provider with any questions regarding your medical condition. If you experience any significant change in your health during or after treatment, contact a member of your cancer care team right away.*