



Patient Instructions

Peripherally Inserted Central Catheter (PICC)

This page will be completed by the health care team that inserted your catheter. Be sure to **save this information** and **share it with all your health care providers**.

Your **peripherally inserted central catheter (PICC)** is measured to fit your body.

The catheter length is: _____ cm long _____ cm in.

Your catheter is a Power-PICC? Yes No

The manufacturer name and lot # is: _____/_____

Date of insertion: _____

Catheter information:

4 Fr 5 Fr

Single lumen

Double lumen

Triple lumen

Dedicated lumen _____ for: _____ (example: TPN)

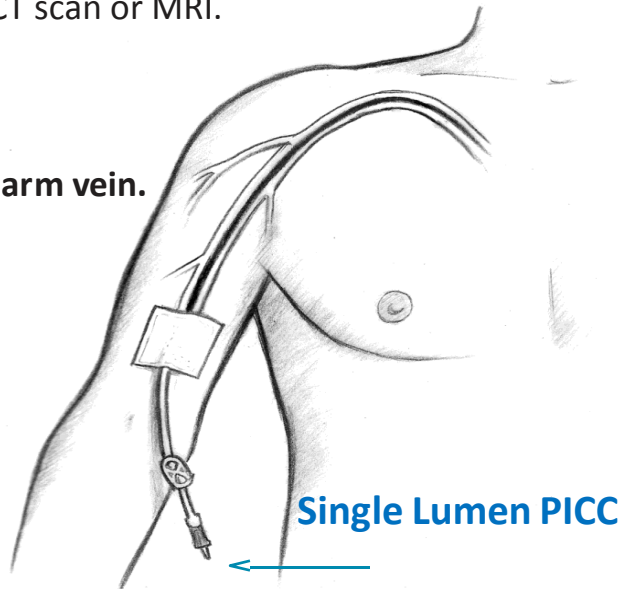
A PICC is a special intravenous (IV) catheter. It is inserted in the arm and ends at a large vein near the heart. During the PICC placement, the area around the site is sterile. A PICC may stay in for 6-8 weeks.

A PICC may be used to:

- Give IV fluids, nutrition, and medicines
- Give blood products
- Take blood for tests

Some PICCs are Power-PICCs. A Power-PICC may be used to administer contrast medicine for a CT scan or MRI.

The catheter is put in an arm vein.



Section: May be completed by nurse, patient or caregiver

What You Need to Know....

1. Home Health Agency is: _____
Phone number is: _____
Expect first visit: _____
2. Supply Company is: _____
Phone Number is: _____
Expect first delivery: _____

Keep Things Clean

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



Catheter Care

Your PICC requires daily care to prevent an infection and prevent clots from forming inside your catheter.

Only allow persons who are taught to care for your catheter to handle your PICC.

Check with your doctor and nurse to make sure home health care has been arranged. The home nurse will help you care for the PICC.

1. Flush PICC daily with heparin through each lumen (a small tube within your catheter) as taught.
2. Check your PICC dressing **daily** to make sure it is not loose or wet.
3. Change PICC dressing **every 7 days**.
4. Change PICC caps and extension tubing **every 7 days**.

Catheter care instructions are available on Dana-Farber's website and through Brigham and Women's patient education web page.

Visit www.dana-farber.org/centralline.

Showering and Bathing...

Keep your PICC dry!

Your PICC must stay dry to prevent an infection or loosening of the catheter that can cause it to come out. You can take baths or showers, but be cautious 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 wetness in the shower or bath. You must cover it completely with a 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, the dressing should be changed right away. If you need assistance, call your visiting nurse right away to have your PICC dressing changed.

What activities should I **NOT** do while I have a PICC?

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.
Avoid weight lifting, vacuuming, bowling, golf, and tennis.
- **Avoid** activities that cause sweating.
This may loosen the dressing.
- Do **not** use sharp objects like scissors, knives, or safety pins around your catheter. They may damage your catheter.

Danger Signs

Don't wait! Call your doctor **RIGHT AWAY** if you have any signs of infection:

- redness or warmth around your catheter
- chills, or a fever of 100.5° F or higher
- bleeding, swelling, or drainage around the catheter
- your arm becomes swollen
- the catheter appears to be coming out or looks broken

Don't wait! Call your home care nurse or doctor if:

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

Remember

- Keep your PICC dry
- Your PICC must be flushed daily

The above information contains some, but not necessarily all the information that you may need to care for your central line. Talk with your doctor or nurse if you have questions. This document should not take the place of conversations with members of your health care team about your treatment.