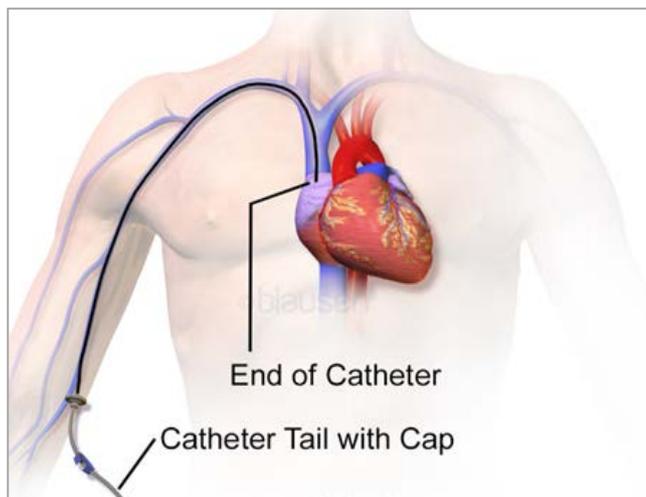


# PERCUTANEOUS INDWELLING CENTRAL CATHETER (PICC) LINE CARE

## *Consumer Information*



[https://en.wikipedia.org/wiki/Peripherally\\_inserted\\_central\\_catheter](https://en.wikipedia.org/wiki/Peripherally_inserted_central_catheter)

### ***What is a PICC line?***

It is a long, thin, flexible tube known as a catheter which is inserted into a vein above your elbow. The line is threaded through your vein until the end sits just above your heart to circulate medications around the body.

### ***Why do I need a PICC Line?***

- ▶ PICC lines are often used if you are going to receive treatment into a vein for more than a few weeks to months.
- ▶ They can stay in place for as long as needed and avoid the discomfort of having repeated injections.

### ***How is a PICC line put in?***

The insertion of a PICC line is not an operation but inserted in a sterile room. A local anesthetic will be given prior to the insertion and the procedure normally takes about 30 minutes. The PICC line can be inserted into your non dominant arm where possible so that you can have normal use of your arm for normal daily activity.

### ***Following your PICC line insertion your arm can:***

- ▶ Bruise.
- ▶ Cause mild discomfort.
- ▶ Any tenderness should disappear within 2-7 days. You may apply a heat or cold pack to alleviate the discomfort.

***Bleeding:*** You may have some bleeding from the insertion site of the PICC line within the first 24 hours after insertion; this is normal.

## CARING FOR PICC LINES

### Important Information

- ▶ **Do not** touch your device as this can cause germs to get in.
- ▶ **Do not** change the dressing by yourself.
- ▶ Keep your hands clean.
- ▶ Take care when removing clothing to avoid catching your device.

### Can I have a shower or bath?

- ▶ When showering keep the dressing dry by covering with a plastic bag. This will reduce the risk of infection.
- ▶ If you have a bath, keep your arm out of the water.



(<https://www.bing.com/images/search>; 18/07/2018)

### What to avoid?

- ▶ Swimming.
- ▶ Repetitive excessive use of the arm.

### What are my responsibilities?

Each day, check your PICC site and report to your doctor anything you feel is not right.

This may include:-

- ▶ pain, redness, fluid leaking or tightness and swelling of your upper arm.
- ▶ If you feel hot, cold, shivery or generally unwell.

### What to do if your dressing becomes loose or becomes wet?

- ▶ If you are receiving treatment by Hospital in the Home (HITH), please speak to your nurse, or call the number provided on your HITH brochure.
- ▶ If you are receiving treatment by Day Oncology call the hospital switch board on 8345 6666 and ask for Day Oncology between 8.30 am – 4.30pm Monday to Friday
- ▶ If you are receiving treatment by Oncology Hospital in the Home call the hospital switch board on 8345 6666 and ask for Oncology Hospital in the Home between 8.30am – 4.30pm Tuesday to Sunday.
- ▶ Other:- contact your local doctor or present to the Emergency Department if concerned.

*\*This information is not intended as a substitute for professional medical care.*

*Always follow your healthcare professionals instructions.*

#### References:

Golden Jubilee National Hospital (2016). Caring for your Invasive Device, Golden Jubilee National Hospital, United Kingdom.  
 Musgrove Park Hospital (2014). Understand your PICC Line, Musgrove Park Hospital, United Kingdom  
 Memorial Sloan Kettering Cancer Center (2015). Caring for Your Peripherally Inserted Central Catheter (PICC), Memorial Sloan Kettering Cancer Centre, United Kingdom.  
 Peripherally Inserted Central Venous Catheter (PICC) Management (2015)– Procedure code: OP-CC22.1.15, Western Health