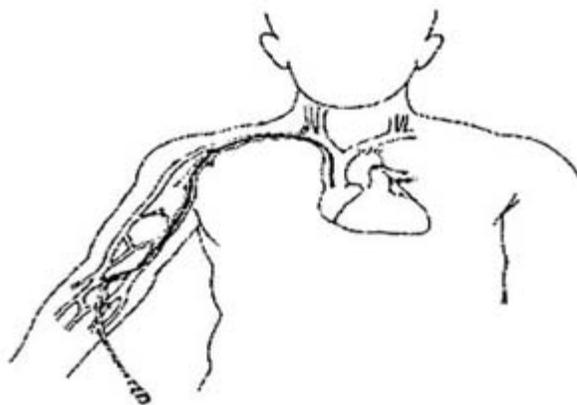


Patient Care Services
300 Pasteur Drive
Stanford, CA 94305

Peripherally Inserted Central Catheter (PICC) Patient Instructions

A Peripherally Inserted Central Catheter (PICC) is a soft flexible tube inserted into your arm. This catheter can be placed when you need long term or frequent intravenous treatments. Giving intravenous (through a vein) medications like antibiotics or taking blood samples can be done through the catheter without sticking needles in your arm. The catheter is placed into a large vein in the upper arm. The tip of the catheter lies in a large vein above the heart.



It is important for you to know how to safely care for your catheter. Carefully read and follow the instructions on the following pages.

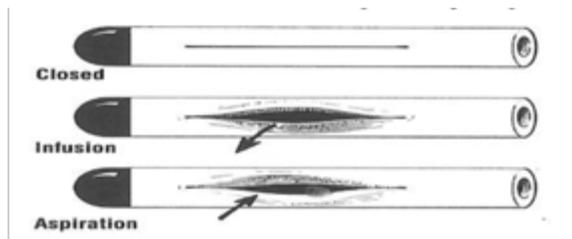
DIFFERENT TYPES OF PIC CATHETERS

Both types of PICCs are maintained the same way (dressing changes & flushing), except the Open-ended PICC has clamps on the tubes, whereas the Groshong PICC does not have clamps.

Groshong:

The Groshong PICC has a side opening (slit) in the tubing near the end of the flexible tube. It opens only when blood is being withdrawn or fluid is being infused and remains closed when not in use (Figure 2). Since it “self-seals,” **this type of PICC does not require a clamp.**

Figure 2: Groshong PICC opening



Open-ended:

The Open-ended PICC does not have this slit in the tubing. Since the end of the PICC tube is open, it requires a clamp to close off the line, to prevent blood from backing up in the tubing (Figure 3). **ALWAYS keep the clamps closed on the tubing when the catheter is not in use.**

Figure 3: Open-ended PICC with clamps closed



GENERAL INSTRUCTIONS

- **ALWAYS** wash your hands before handling your catheter.
- **HANDWASHING DIRECTIONS:**
 - Remove watch, rings, jewelry.
 - Wash the front and back of your hands with soap and warm water, scrubbing vigorously for at least 30 seconds.
 - Clean under your fingernails and between your fingers.
 - Rinse and dry your hands with a clean towel or paper towels.
 - After washing, avoid touching your face, hair, clothes. If you do, then wash your hands again.
- **NEVER** use scissors or sharp instruments near the catheter.
- Each tube of your catheter **MUST** have a valve (cap) on the end.
- Gather **ALL** supplies before you start catheter care.
- Do all care (dressing change, valve change, and flushing) on the same day each week.
- **ONLY** use clamps that come with the catheter.

PROBLEM SOLVING TIPS FOR THE CATHETER

If there is resistance when flushing the catheter:

- DO NOT USE FORCE- forcing fluid could potentially break your catheter.
- Double check that the catheter is unclamped.
- Check the tubing for bent or twisted areas.
- IF the catheter is not clamped and there is still resistance to flushing, call your health care provider.

How do I bathe with my catheter?

- It is important to keep your catheter and the dressing dry.
- Use the PICC shower cover/"BATHGuard" (supplied by your nurse) or cover the dressing/catheter tubes with plastic wrap. Tape the plastic wrap to your skin above and below your catheter. Carefully dry your catheter and the dressing if it gets damp.
- **DO NOT** submerge your arm with the PICC in water (bathtub or hot tub).

What to do if the PICC tube is slipping out?

- If the catheter appears to be slipping out of the exit site, because you notice that the tubing seems longer, **DO NOT** push the catheter back in.
- Contact your home care nurse or health care provider.

When to call your health care provider:

- The catheter is pulled out or leaking anywhere along the catheter when you flush.
- You have a temperature of 100.4°F (38.0°C) or higher.
- There is tenderness, redness, warmth, swelling, or drainage at the catheter site or along the vein of the arm the PIC Catheter is in.
- Swelling in your arms, hands, or neck.
- Pain in your ear or pain when flushing your catheter.
- New onset of shortness of breath.
- The catheter breaks (see below).

What to do if the catheter breaks:

If there is any break in the catheter: tear, cut, split, etc.

- Clamp the catheter above the break if you are able to (between the break and the exit site from your skin).
- Cover the broken or leaking area with a sterile 2x2 gauze and tape.
- Contact your home care nurse or physician immediately or go straight to the nearest Emergency Department.
- The catheter must be repaired or removed immediately.

If you have any questions regarding the care of your PICC contact your Home Care nurse, your health care provider @ _____ OR The PICC Program at Stanford Hospital (650-736-8322), to speak with a PICC nurse.

HOW DO I CHANGE THE CATHETER DRESSING?

The transparent dressing (see-through material that covers your skin where the catheter exits your body) is changed every 7 days or whenever it becomes wet, loose, or dirty. The Biopatch and StatLock® (Figure 6) will also be changed with the dressing. The PICC is held in place by a suture, a StatLock® and

a dressing over the exit site.

Step 1	Clean the work surface area (e.g. table, desk, etc.) you will be using with soap and water or rubbing alcohol and allow it to air dry completely.
Step 2	Gather your supplies (may be provided in a kit) <ul style="list-style-type: none">○ Adhesive tape remover○ Alcohol swabs○ 3 alcohol swab sticks○ One Chlorhexidine swab (Figure 5)○ One 4” by 5 “ transparent (see through) dressing○ 1 inch paper tape○ 2 x 2 gauze○ skin protectant barrier swab○ 1 StatLock® PICC Plus○ 1 Biopatch 1” with 4 mm hole
Step 3	Wash your hands (directions on page 2)
Step 4	Open the packages carefully, trying to avoid touching the contents of the packages. Leave the items in the packaging and place them on your work surface.
Step 5	Remove the old dressing by using adhesive tape remover, starting at the outside edges of the dressing and working your way towards the catheter exit site. Gently pull the dressing away from the skin to loosen and remove, taking care to remove the old Biopatch from around the PICC line exit site. Hold the line in place while you remove the Biopatch and dressing, being careful not to pull on the catheter. Throw the old dressing away. REMEMBER: Be gentle and slow because the catheter can be dislodged with aggressive tugging. Look at the area where the catheter exits your skin (exit site) for redness, swelling, or drainage. If you see any of these signs, call your home care nurse or healthcare provider.
Step 6	Open the StatLock® “doors” and carefully move the PICC from the secure space in the StatLock®. DO NOT PULL ON THE PICC AS YOU DO THIS STEP. Remove the old StatLock® by using alcohol wipes to wipe under the StatLock® wings.
Step 7	Wash your hands again.

Step 8 Use one alcohol swab stick to clean around the catheter exit site in a circular motion. Start at the catheter and move outward about 5 inches (Figure 4). Lift the catheter gently to clean under the tubing. Do not go back to the center with the same swab stick. Repeat with a second alcohol swab stick. Use the last alcohol swab stick to clean along the plastic catheter. Begin at the exit site and continue down the catheter away from your skin. Do not pull on the catheter.

Use the chlorhexidine swab (Figure 5) to cleanse around the catheter exit site as you did with the alcohol swab sticks.

In order to use, pinch the wings of the swab handle until you feel or hear a snap. Start at the center (exit site) and move outward in a circular motion about 5 inches. Cleanse using a back and forth motion with firm pressure for at least 30 seconds. Do not go back to the center.

Allow this area to dry completely.

DO NOT fan or blow on the skin to help it dry.

Figure 4

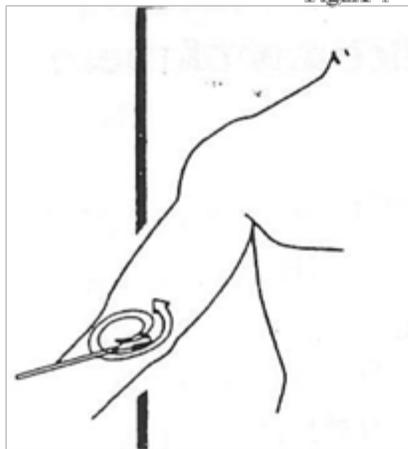


Figure 5

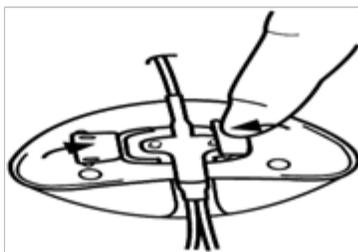


Step 9 Apply skin protectant barrier using the swab pad, to the skin that will be under the dressing and StatLock®. Do not put it on the exit site itself. Allow this area to dry completely.

Step 10

Place the hub of the PICC in the new StatLock® and snap the doors shut.

Figure 6

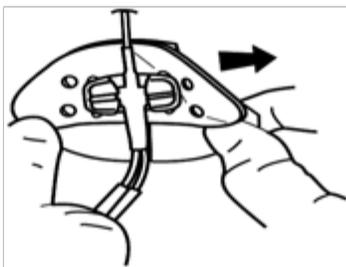


Position the StatLock® so that the excess catheter lies in a smooth curve on the skin with no twists or kinks.

Peel away the StatLock® backing and lay the StatLock® on the skin.

Do not touch the adhesive backing.

Figure 7



Step 11

Place the Biopatch foam disc around the PICC line at the exit site, blue side up, so the entire Biopatch is lying flat on the skin and under the catheter (Figure 8).

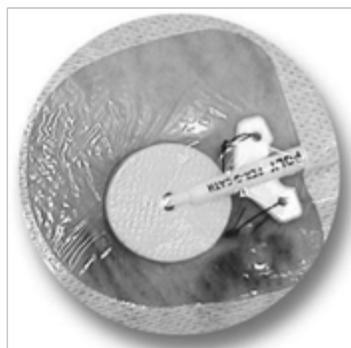
(Reminder Tip: The sky is blue, face the blue side up to the sky)

The edges of the slit should be touching and the catheter should lie right over the slit, making it easier to remove with the next dressing change.

Do not place the Biopatch on top of the catheter; it must touch the skin all the way around the PICC line at the exit site.



Figure 8



Step 12	<p>Peel the backing off the transparent dressing and place the sticky side down on top of the catheter exit site.</p> <p>Do not place gauze under the transparent dressing unless blood is oozing from the catheter exit site.</p> <p>Cover the entire site, with the catheter exit site near the center, and covering all the excess catheter and hub of the catheter with the transparent dressing.</p> <p>Do not put tape on the dressing itself.</p>
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HOW DO I FLUSH THE CATHETER?

Each tube of the PICC is flushed with saline weekly and after each infusion treatment to prevent clotting in the tubes of the catheter. Both types of PIC Catheters need to be flushed weekly. Flushing your catheter requires that saline is pushed through the valve(s) at the end of your catheter.

Step 1	Clean the work surface area you will be using with soap and water or rubbing alcohol and allow it to air dry completely.
Step 2	<p>Gather your supplies</p> <ul style="list-style-type: none"> ○ 10 ml pre-filled saline syringe (1 for each tube of the PICC) ○ Alcohol wipes (1 for each line)
Step 3	Wash your hands (directions on page 2)
Step 4	Open the packages carefully, trying to avoid touching the contents of the packages. Leave the items in the packaging and place them on your work surface.
Step 5	<p>Flush the catheter</p> <ol style="list-style-type: none"> A. Clean the valve on one of the tubes of the PICC with an alcohol wipe. Rub hard, using a motion like juicing an orange. Allow it to dry. B. Attach a pre-filled saline syringe to the valve of your catheter by pushing in at the tip and screwing in place. C. Slowly push saline into the catheter, using a push-stop-push technique until all the fluid is out of the syringe. DO NOT USE FORCE if the catheter does not flush easily. If the catheter is difficult to flush, follow the problem solving tips on page 3. D. Remove syringe. E. If your catheter has a clamp, then clamp the line after removing the syringe. Slide the clamp to a different position on the tubing with each flush. F. Repeat for each tube of your catheter. G. Used syringes can be disposed of in your household garbage.

HOW DO I CHANGE THE VALVE ON THE END OF THE PICC?

Catheter valve(s) are changed every 7 days at the same time the catheter is flushed.

Step 1	Clean the work surface area you will be using with soap and water or rubbing alcohol and allow it to air dry completely.
Step 2	Gather your supplies <ul style="list-style-type: none">○ Alcohol wipes (2 for each line)○ Valves (1 for each tube of the PICC)
Step 3	Wash your hands (directions on page 2)
Step 4	Open the packages carefully, trying to avoid touching the contents of the packages. Leave the items in the packaging and place them on your work surface.
Step 5	Change the valve <ul style="list-style-type: none">A. If your catheter has clamps on the tubing, close the clamp on each line before starting.B. Clean the connection between the valve and the catheter tube with an alcohol wipe. Rub hard, using a motion like juicing an orange, to assure it is clean.C. Double check that the catheter is clamped.D. Unscrew the old valve to remove it and throw it away.E. Clean the end of the catheter with a new alcohol wipe. Again rubbing hard and using a motion like juicing an orange.F. Remove the small protective cap from the tip of the valve and screw the new valve onto the end of the catheter.G. Repeat for each tube of the catheter. HINT: Each tube is designated by a color. To remember which valve you need to change next, always start with the same colored tube.