

Going home when you first get your valved PICC

Information about your PICC:

Your PICC was put in by _____ on _____ at
doctor or nurse date

- McMaster University Medical Centre
- Hamilton General Hospital
- Juravinski Hospital and Cancer Centre
- St. Joseph's Healthcare

If you have any problems with your PICC, call your community or primary nurse.

Brand name of PICC _____

Size or gauge of the PICC _____

Valved Non-valved Single Lumen Double Lumen

Distal tip location: SVC Right Atrium Junction Right Atrium

Trimmed : Yes No

Length of internal catheter _____ cm.

Length of external catheter _____ cm.

Securement of PICC _____.

Comments: _____

The above information was completed by _____
Nurse/Technologist

on _____, _____
area phone

Date: _____

You are going home with a PICC. PICC stands for Peripherally Inserted Central Catheter. The catheter is a long thin tube and may stay in your arm for several weeks or months.

Your PICC may be used:

- to give fluids
- to give medications
- for nutrition
- to give blood products
- to take blood samples

Keep all dressings clean and dry. Your PICC will need routine care, such as dressing changes and flushing. Your nurse will discuss this with you.

When you first get your PICC

When you first get home, it is normal for the area around your PICC to be sore. This can last a few days. It may bleed or ooze a little. When the visiting nurse comes to your home, he or she will change the dressing and check the area around your PICC. Please let the nurse know your concerns. Your nurse's first visit is about 24 to 48 hours after you get home.

Warm compress

On the arm where the PICC is, place a warm and moist compress above the dressing. A compress can be a folded washcloth, small towel or a warm pack. Wet the washcloth, ring out excess water, wrap in plastic and then place above the PICC. Do this when you get home and for the next 3 days. Do this 4 times a day for 10 minutes.

Before your nurse visits

Do your normal activities and move your arm as you feel comfortable. You can shower or bathe, but keep the area dry. Wrapping the PICC in plastic wrap is a way to keep it dry.

Your PICC site should always be covered with a dressing. This helps to keep it free of germs. It should not get wet.

When you have a PICC do not:



- lift heavy objects with the PICC arm such as a 10 pound (5 kg) sack of potatoes, pot of water, heavy purse, small children
 - use scissors near the PICC
 - swim with the PICC
 - play contact sports
 - shovel, vacuum, cut the grass or garden with the PICC arm
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When you get home watch for these problems:

Problem	What to do
<ul style="list-style-type: none"> The dressing is soaked with blood. 	<ul style="list-style-type: none"> Do not remove the dressing. Apply pressure with another dressing or clean cloth. Call your nurse. If you bleed a lot or the bleeding does not stop – go to Emergency.
<ul style="list-style-type: none"> The dressing is soaked with clear fluid. 	<ul style="list-style-type: none"> Do not remove the dressing. Cover with another clean dressing or cloth. Call your nurse.
<ul style="list-style-type: none"> The area around your PICC gets more puffy and swollen and/or you develop a fever. 	<ul style="list-style-type: none"> Call your nurse.
<ul style="list-style-type: none"> The PICC breaks or falls out. 	<ul style="list-style-type: none"> If there is bleeding tie the end off, or bend the catheter back on itself and tape. You may need to carefully pull 2.5 to 5 cm (1 to 2 ins) of the catheter out from the site. Cover with a clean dressing or cloth. Call your nurse.
<ul style="list-style-type: none"> Chest pain or strange heart beat. 	<ul style="list-style-type: none"> Go to the Emergency Department or call 911.

If you have trouble breathing call 911.

If you are unsure of what to do or have concerns about your PICC, call your nurse.

Supplies

There are 2 options for PICC care and supplies provided by CCAC (Community Care Access Centre):

- CCAC will make an appointment for you to attend a Nursing Care Centre for PICC care
- CCAC will have supplies delivered to your home and home care will be provided. Keep your supply box in a clean, dry and safe place. Keep it away from children and pets.

Supplies needed if you have home care:

- liquid soap, in a pump or bottle or waterless soap
- paper towels
- garbage bag
- clean towel
- sharps container (if using needles)

Living with your PICC

Your PICC should always be covered. Do not have your blood pressure taken, blood work or IV's on the PICC arm.

Your PICC needs special care to keep it clean and working well. This care may be done by you, a family member, a friend or a nurse. Your nurse will help you learn about the care of your PICC.

When you have a PICC, it is a good idea to:

- have your emergency telephone numbers close by
- have your visiting nurse telephone number close by
- keep a list of your questions, problems or notes in a book or diary
- keep a calendar for clinic appointments and follow-up appointments with your visiting nurse

Setting up your home

You will need a work area or space to lay out the supplies. When choosing the best place to do your PICC care, keep these things in mind:

- good lighting
- a room that is easy to keep clean and free of dust
- a comfortable spot in the room to sit or lie down
- a safe area away from children and pets
- a place free of drafts away from open windows, heating ducts and fans
- clean surface for supplies

When your nurse arrives or when you do your PICC care:

- set aside 20 to 45 minutes
- limit distractions, such as not answering your phone
- clean your work area before and after PICC care

