



Information for
patients and
carers

Caring for your

Peripherally Inserted Central Catheter

Patient Name	
Hospital Number	

How to Care for your PICC

You have been given this leaflet because you have had a PICC inserted for your Systemic Anti-Cancer Treatment (SACT). The PICC will require weekly line flushes and weekly dressing changes to help prevent complications such as infection or the line becoming blocked.

This booklet is for carers who are providing the PICC care; this includes how to clean, flush, re-dress and care for the PICC.

This booklet can be used as a guide together with the advice given to you by the Chemotherapy and District Nurses. You can also access a video demonstration.

Please plan to carry out your line care before 2pm in the afternoon so that there is time in the working day to deal with any complications which may occur.

Instructions for carers redressing and flushing the PICC.

1. Thoroughly wash your hands with soap and warm water.
2. Please use an Aseptic Non-touch technique (ANTT) throughout as demonstrated on the video link you have been given. It is very important to keep the catheter sterile.
3. Position the arm on an arm of a chair, support on a cushion or pillow. Collect the equipment.
4. Open the dressing pack taking care not to touch the inside of the pack. Open all necessary equipment onto the sterile area without touching the equipment.
5. Prime the new bung with the 'posiflush' or sodium chloride 0.9% drawn up in a 10 ml syringe. Leave on the sterile field.
6. Clean hands with alcohol gel, allow to dry and then put on non-sterile gloves.
7. Touching the edges only, take the sterile drape from the dressing pack and unfold and place this under the PICC arm. Carefully remove the old PICC dressing and discard.
8. Inspect the PICC exit site for signs of redness/swelling. Contact the chemotherapy helpline immediately if any concerns.
9. Remove non-sterile gloves and clean hands with alcohol gel or soap and water. Now put on the sterile gloves as shown on the demonstration.
10. Take the chloroprep applicator stick and crack open by squeezing the side arms and gently shaking. Use this to clean around the PICC entry site. Clean the upper side of the securAcath (orange clip) then lift

up and clean the underside and surrounding skin. You can now discard the applicator.

11. Take a sanicloth and clean the full length of the line starting at the PICC entry site and finishing at the end of the PICC. Discard the sanicloth.

12. Loop the PICC back up the arm, ensuring there are no kinks. Now apply the dressing so that it covers the entry site and most of the PICC. The 'bung' should remain outside of the dressing and can be taped down for stability and comfort.

13. Take the second sanicloth and use it to hold the connector or 'bung' at the end of the PICC. Remove the bung. Use a twisting motion to thoroughly clean in the grooves for 30 seconds. Allow all cleaned areas to completely dry. This should only take a minute.

Ensure at all times that your gloves do not come into contact with the catheter and therefore remain sterile.

14. Attach the new 'primed' bung.

15. Now attach the prefilled 10ml posiflush to the end of the PICC and flush using gentle pulses of between 1-2 mls until the full 10mls have been delivered. Detach the syringe while positive pressure is being applied and discard into sharps bin.

16. You can now cover the PICC loosely with tubigrip or similar. Please ensure this is not tight.

Please ensure there are no kinks in the catheter tubing.

Please do not use scissors near the PICC.

Remember we are here to help:

Contact details

Should you require further advice or information please contact the
Oncology Helpline:

01772 523205

Sources of further information

www.lancsteachinghospitals.nhs.uk

www.nhs.uk

www.patient.co.uk

www.accessable.co.uk

Lancashire Teaching Hospitals is a smoke-free site.

On 31 May 2017 Lancashire Teaching Hospitals became a smoke-free organisation. From that date smoking is not permitted anywhere on any of our premises, either inside or outside the buildings. Our staff will ask you about your smoking status when you come to hospital and will offer you support and advice about stopping smoking including Nicotine Replacement Therapy to help manage your symptoms of withdrawal.

If you want to stop smoking you can also contact the Quit Squad Freephone 0800 328 6297.

Please ask if you would like help in understanding this information. This information can be made available in large print and in other languages.

Cantonese:

如果你希望以另外一種格式接收該資訊，請和我們聯絡，不必猶豫。

Gujarati:

જો તમને આ માહિતી બીજી રચના કે ફોર્મેટમાં મેળવવાની ઈચ્છા હોય, તો કૃપા કરી અમારો સંપર્ક કરતા અચકાશો નહિ.

Hungarian:

Kérjük, vegye fel velünk a kapcsolatot, ha más formában kéri ezt az információt.

Polish:

Jeżeli chciał(a)by Pan/Pani otrzymać niniejsze informacje w innym formacie, prosimy o kontakt.

Punjabi:

ਜੇ ਤੁਸੀਂ ਕਿਸੇ ਹੋਰ ਫਾਰਮੈਟ ਵਿਚ ਇਹ ਜਾਣਕਾਰੀ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ ਤਾਂ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰਨ ਤੋਂ ਨਾ ਝਿਜਕੋ।

Urdu:

اگر آپ اس معلومات کو کسی اور صورت میں حاصل کرنا چاہتے ہیں تو برائے مہربانی ہم سے رابطہ کرنے میں ہچکچاہٹ محسوس نہ کریں۔

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Division: Oncology
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