

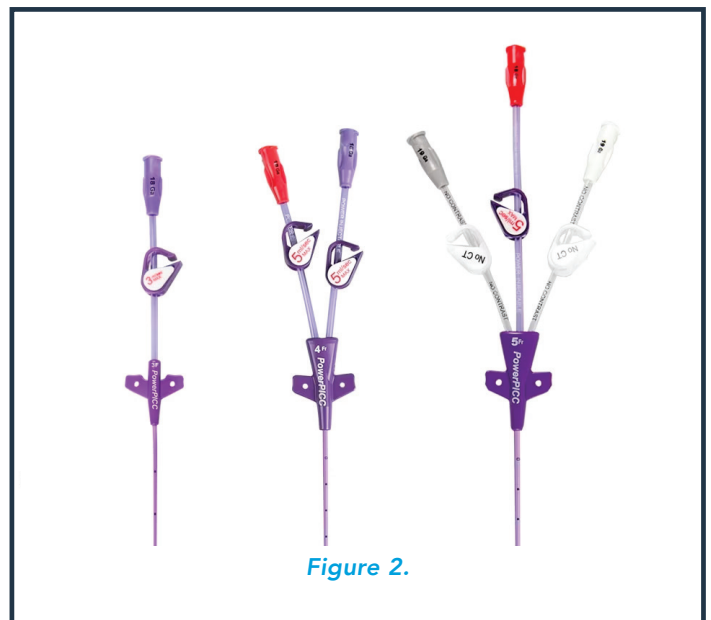
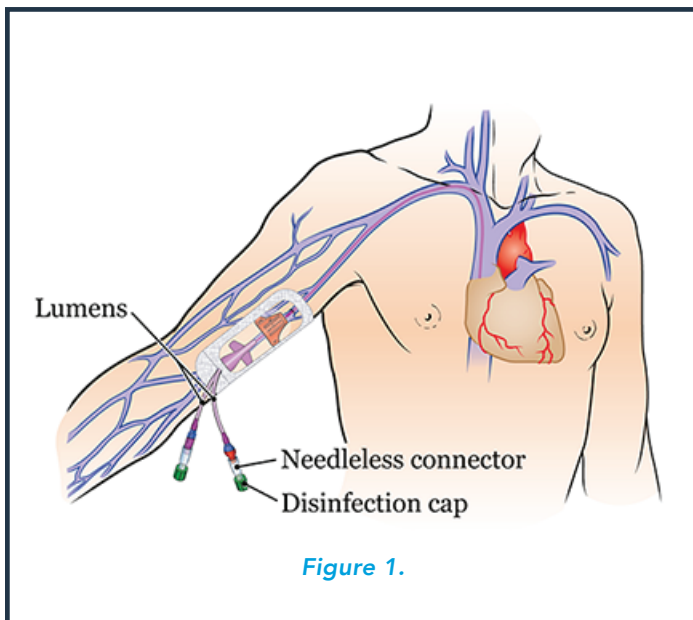
PICC

PERIPHERALLY INSERTED CENTRAL CATHETER

WHAT IS A PICC?

A PICC is a long, flexible catheter (thin tube) that's put into a vein in your upper arm. Inside your body, the PICC goes through the vein in your arm to a large vein in your chest. (see Figure 1)

Outside your body, the PICC splits into 1, 2, or 3 smaller tubes called lumens. Each lumen has a needleless connector (also called a clave) and a disinfection cap on the end (see Figure 2).



WHAT IS A PICC USED FOR?

- To give chemotherapy and other intravenous (IV) medications, such as antibiotics.
- To give IV fluids.
- To give blood transfusions.
- To take blood samples.

Some PICCs can also be used to put contrast dye into your bloodstream. You might get contrast dye before medical imaging tests, such as before a computed tomography (CT) scan.

HOW LONG WILL YOU NEED A PICC?

A PICC can stay in your body for as long as you need it for your treatment, up to several months. Your healthcare provider will take it out when you no longer need it.

Having a PICC should not keep you from doing most of your day-to-day activities. You will still be able to go to work or school.

It's important that the dressing over your PICC stays clean, dry, and unbroken.

While you have a PICC, do not:

- Do any activities that make you sweat excessively.
- Swim or go in a hot tub.
- Play contact sports, such as football and soccer.
- Move the arm with your PICC in a repetitive motion (the same motion over and over).
- Vacuuming, golfing, push-ups, and biceps curls are examples of repetitive motions.
- Carry objects heavier than 5 to 10 pounds (2.3 to 4.5 kilograms) with the arm with your PICC.
- It's OK to do low-energy, low-movement activities, such as walking or stretching.

HOW WILL I CARE FOR MY PICC?

You will need to have PICC care, and for the skin around the catheter site. Proper care is important to prevent damage to the catheter, and to prevent infections. Often this will be done at our office or via Homecare Nurse. However, it is possible for a family member/care giver to be trained to this at home if needed. The Dressing and injection caps will be changed every 7 days (weekly), as directed, or any time it becomes wet, dirty, or moves out of place. Your PICC will also need to be Flushed (Normal Saline solution to clean the line) at least every 7 days (weekly).

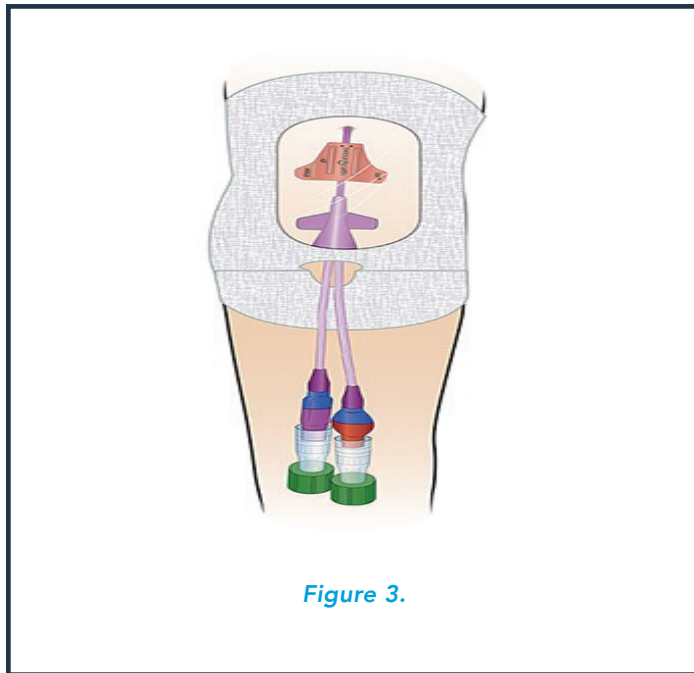


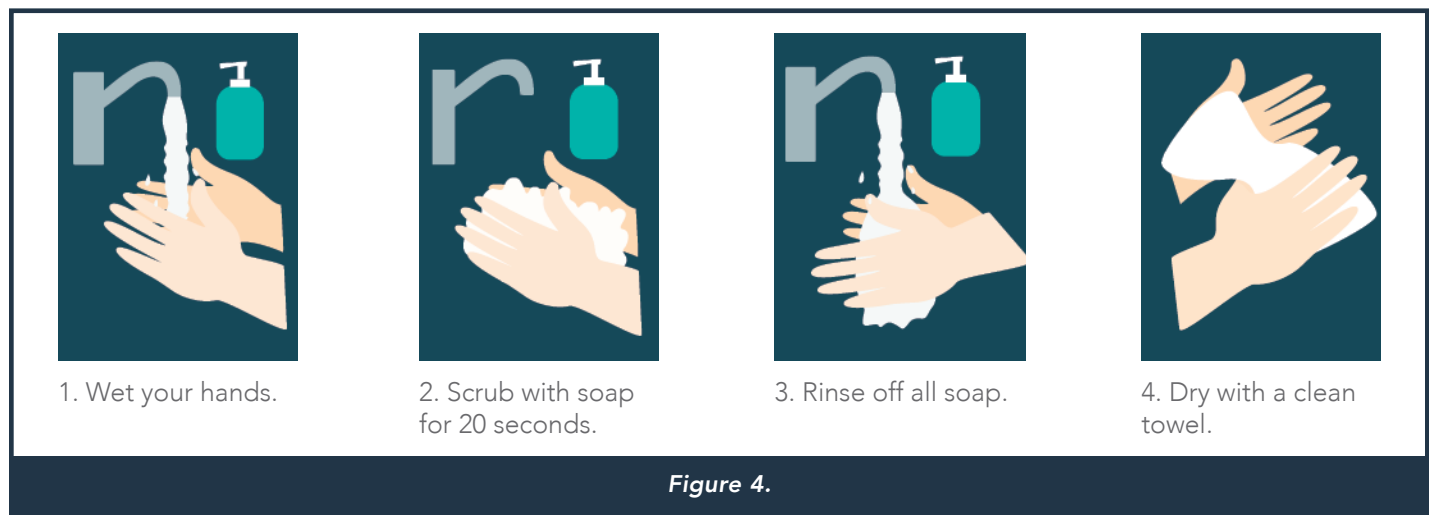
Figure 3.

HOW TO PREVENT INFECTION:

The area around your catheter can get infected, or you may get an infection by bacteria getting into your bloodstream through your catheter. This can lead to severe illness.

The following are ways you can help prevent an Infection:

- **Wash your hands often.**
Use soap or an alcohol-based hand rub to clean your hands. Clean your hands before and after you touch the catheter or the catheter site. Remind anyone who cares for your catheter to wash their hands.
- **Limit contact with the catheter.**
Do not touch or handle your catheter unless you need to care for it. Do not pull, push on, or move the catheter when you clean your skin or change the dressing. Wear clean medical gloves when you touch your catheter or change dressings.
- **Keep the area covered and dry.**
Keep a sterile dressing over the catheter site. Wrap the insertion site with plastic and seal it with medical tape before you bathe. Do not place tape over catheter tubes. Take showers instead of baths. Do not swim or soak in a hot tub.



WHEN TO CALL AND SEEK MEDICAL ATTENTION

Call your healthcare provider right away if:

- You pull your PICC line out of place or think you might have pulled it out of place.
- You have a fever of 100.4 °F (38 °C) or higher.
- You have shortness of breath.
- You feel lightheaded or dizzy.
- You have nausea (feeling like you're going to throw up) or vomiting (throwing up).
- You feel confused.
- You have discomfort in your chest.
- You have swelling in your hand, fingers, upper arm, or neck.
- You have aching in the arm where your PICC is placed.
- You have heart palpitations (a faster heartbeat than usual).
- You have numbness or tingling in your arm, hands, or fingers of the arm where the PICC line is placed.
- You have bleeding from the PICC line site.
- You have redness or warmth at the PICC line site or in the arm with the PICC line.
- Your PICC line is leaking
- You have questions or concerns.