Prevent Infections
If germs get into your central line and into your bloodstream, it can cause a life-threatening infection. There are many ways to keep this from happening:

The Patient Should:
- Wash your hands often.
- Do not touch your line or dressing unless necessary.
- Keep your dressing clean and dry.
- Shower daily and cover your dressing when showering.

The Nurse Should:
- Wash hands before and after caring for the central line.
- Scrub the hub every time the line is used.
- If using site scrub, turn it 8—10 times.
- If using alcohol prep, scrub for 15 seconds. Allow it to dry.

For the Dressing Change the Nurse Should:
- Use a mask and special gloves.
- Change the dressing every 7 days.
- Change the dressing if bloody, wet, or loose.

Using Sterile Technique means:
- Face masks must be worn by patient and anyone within three feet of the bed during insertion and dressing changes. Wear sterile gloves.
- Use a sterile dressing kit.
- Scrub the “exit site” and the skin around the central line back and forth for at least 30 seconds and let dry.

Glossary
Aqua guard shield: used to keep your dressing dry.
Site Scrub: Used to clean the hub 8 turns or 10 seconds
Biopatch: Protective disk that prevents germs from growing.
Dressing for PICC Line

PROTECTING YOUR PICC LINE

What is a PICC Line?
Peripherally Inserted Central Catheter
A PICC line is a type of catheter that the tip goes directly to your heart.

Written by SCCC Vascular Access Device Team
Peripherally Inserted Central Catheter (PICC Line)

A PICC line is inserted through the arm into a vein. The catheter ends at the largest vein nearest to the heart.

- Patient should keep their inserted device identification card and discharge instructions with them.
- Each lumen should be clamped when not in use.
- Can be used for IV fluids, chemotherapy, antibiotics, blood products or intravenous nutrition. It may also be used to draw blood.
- This catheter is inserted and removed by a trained provider, this can be a registered nurse, advanced practice provider or physician.

Who to call in case of emergency:

**Do’s and Don’ts**

**Do’s**
- Use your arm to do simple activities. This will help stop blood clots from forming in the PICC line.
- Have your first dressing changed within 48 hours of having the line inserted.
- Have the dressing changed at least every seven days.
- Keep your dressing dry.
- Keep your PICC line lumens close to your body. It is ok to use a stocking, loose bandage or sleeve.
- Let your provider know if the line is hanging out.

**Don’ts**
- Lift more than the provider orders for you.
- Go in a hot tub or Jacuzzi.
- Swim in a pool, lake, or ocean.
- Let pets or children near your line.

**When To Call Your Doctor:**

**Signs of Infection**
- New pain or tenderness.
- Any redness around your line.
- Drainage, pus, oozing, or wetness around the catheter.
- A foul odor coming from the dressing.
- A swollen face, neck, or arm on the side of the central line.
- A fever of 100.4F or greater.
- Incision site that does not heal.

**Signs of a Blood Clot**
- Swelling and/or a new pain in the arm, neck, or face on the side of the line.

**Signs of Bleeding**
- Dressing wet with blood.
- A bruise that gets bigger around your line.