

## HOME CARE GUIDE TO YOUR PICC LINE

This handout was designed to help you care for your PICC line. Ideal care of a PICC line is very important in preventing infections and keeping the line working properly.

### Peripherally Inserted Central Catheter (PICC Line) Information

- You have a \_\_\_\_\_ catheter.
- Catheter Size: \_\_\_\_\_ French.
- Single, Double, or Triple lumen
- Internal Catheter Length: \_\_\_\_\_
- External Catheter Length: \_\_\_\_\_
- Flush Solution: \_\_\_\_\_
- Flushing Amount: \_\_\_\_\_
- Dressing change: \_\_\_\_\_, then once every 7 days on \_\_\_\_\_.

### How will you care for your PICC Line?

1. Your nurse will change the dressing, stat-lock, and injection caps once every 7 days and as required.
2. Your nurse will show you how flush the catheter once a day and after every medication.
3. Your nurse will teach you how to recognize problems and trouble shoot.

### Bathing

- When bathing, keep the dressing dry. Wrapping the site with plastic wrap or placing the arm in a plastic bag may keep the site dry.
- If the site becomes wet or moist underneath the dressing, the dressing will need to be changed.

### Activity

- Avoid heavy lifting (greater than 10 pounds), or any activity that causes you to sweat.
- Avoid swimming, jacuzzis and saunas with a PICC Line.
- Ask your doctor about any other restrictions on activities.

### Clothing

- Wear comfortable clothing. Tight fitting clothing may be difficult to pull over the PICC site.

### Problem solving

- If the catheter breaks: Wash your hands, clamp the catheter and call your physician or home health nurse.
- If the injection cap comes loose: Wash your hands, clamp the catheter, remove the old cap, then clean the area with alcohol and place a new cap.
- If your PICC is accidentally pulled out. DO NOT PANIC! Cover the site with gauze and apply pressure until all bleeding stops. Apply a bandage and call your doctor.
- Please contact your physician for the following:
  - If the PICC site has redness, swelling, drainage, or tenderness
  - If you develop a fever
  - Fluid is leaking around the insertion site
  - If the PICC becomes difficult to flush
- When in doubt call your doctor or nurse.

**\*\*You may contact the UCLA PICC Office at 310-267-9793 if you have any questions or concerns. You may also visit [our website](#) for further information.**