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:
  o If the PICC site has redness, swelling, drainage, or tenderness
  o If you develop a fever
  o Fluid is leaking around the insertion site
  o 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 at [http://www.radiology.ucla.edu/sections/picc/](http://www.radiology.ucla.edu/sections/picc/) for further information.