

---

## Healthcare Team To Manage PICC Care:

You are going home with a Peripherally Inserted Central Catheter (PICC). This small soft tube has been placed in a vein in your arm. It is often used when treatment requires medications for weeks or months. At home, you need to take care of your PICC to keep it working. Since a PICC line can get infected, you must take extra care washing your hands as well as prevent the spread of germs.

**Prevent Infection** - Use good hand hygiene. Don't touch the catheter (tube) or dressing unless you need to. Always clean your hands before and after you come in contact with any part of your PICC. Your caregivers, family members, and any visitors should use good hand hygiene also.

## Instructions:

- The initial gauze dressing needs changed by a trained professional/ nurse (using sterile technique) within 48 hrs of placement. The trained professional will then place a clear dressing that will need changing (by a trained professional) every 7 days or as needed.
- No tub baths, pool activity (swimming), hot tub, or jacuzzi. Keep the dressing clean and dry at **ALL** times.
- You may take a shower. The PICC insertion site **MUST** be covered with plastic wrap which must be secured well with tape so that the PICC insertion site and dressing remains dry.
- The arm in which the PICC was inserted may be tender for 1 - 2 days.
- Be careful not to catch the end of the PICC catheter on your clothing or other objects.
- Keep the wallet card given to you about your PICC line with you at all times while the PICC line is in place.

## Activity:

- Avoid lifting heavy weights such as a suitcase, heavy grocery bags, or laundry basket with the arm in which the PICC line is in place.
- You may use your arm with the PICC line in it for normal daily activities. It is important to move your arm as you normally would while avoiding repetitive movement (example - running a vacuum cleaner for hours)
- Avoid lifting objects heavier than 10 lbs with the arm that the PICC line has been inserted.

## Notify your healthcare team to report any of the following:

- Fever and/or chills
- Redness, swelling, warmth, bleeding or other drainage from the PICC site or arm
- Increased or continued pain from the PICC site
- Fluid leaking from the PICC insertion site
- Break, tear or pulled out PICC line

# PICC Line Discharge Instructions

- 
- New racing heartbeat/ palpitations
  - If the dressing becomes wet, dirty, or loose

**If you experience any of these conditions or have any concerns, please call your healthcare team that is caring for your PICC line.**