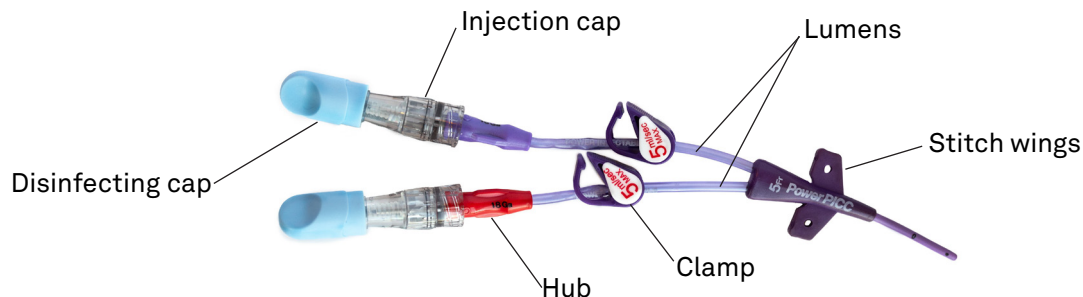


Flushing Your PIC Catheter

Flush each lumen through the injection cap 2 times a day or after each infusion of medication or fluid into the catheter.

Figure 1. Double lumen PICC



Supplies

- › Chlorhexidine gluconate (CHG) or alcohol wipe
- › 1 pre-filled 10 milliliter (mL) saline syringe for flushing each lumen.
- › 1 “sharps” container for syringe disposal. Talk with your care team about the right way to throw away sharps (needles).

Procedure

Read the label for the saline syringe. Make sure it has not expired.

1. Clean the table or work area.
2. Gather supplies.
3. Wash your hands carefully with soap and water (gloves are optional). If you do not have access to soap and water, use an alcohol-based hand gel. The gel should have at least 60% alcohol. Let your hands air dry.
4. Unclamp the 1st lumen.
5. If your PICC line has a disinfecting cap on the end, take it off and throw it away. Do not remove the injection cap.

6. If your PICC does not have a disinfecting cap, scrub the end of the injection cap with a CHG wipe or alcohol wipe for 15 seconds. Let it dry for 15 seconds.
7. Remove the saline syringe cap. Be careful not to touch the uncapped syringe tip.
8. Insert the tip of the saline syringe into the injection cap. Then turn the syringe clockwise to secure it into the cap.
9. Slowly inject the saline into the PICC. Inject the entire 10 mL.
10. Remove the syringe by turning it counter-clockwise to release it from the cap. **Do not remove the injection cap at the end of the catheter.**
11. Place a new disinfecting cap on the injection cap.
12. Clamp the lumen.
13. Put the empty saline syringe into a “sharps” container. **Never** use a syringe more than 1 time.
14. Repeat these steps for all other lumens, if present.

If you are having trouble flushing the PICC, try these solutions:

- › Raise your arm with the PICC line above your head.
- › Cough while trying to flush (this relieves pressure from the PICC line).
- › Turn your head to the opposite side, away from the PICC line.

A nurse will change your dressing and injection caps once a week, or sooner if the dressing becomes loose, soiled or wet.

Precautions

- › Do not get your PICC wet.
- › Do not lift any weights more than 10 pounds.
- › Do not do any vigorous arm exercises.

When to call

Call the clinic or your oncologist’s office for these issues:

- › Unable to flush your PICC
- › Pain, redness, swelling, or discharge/drainage from the site
- › Dressing becomes loose, soiled or wet