

noticed that this procedure is not followed, please tell the head nurse immediately.

Make sure that the insertion site is cleaned and the dressing changed once a week.

How Will I Look After the PICC When I Get Home?

In some cases, you may go home with a PICC. If this happens, the nurse looking after you or your clinical nurse specialist will give you clear instructions on what to do. Make sure that you get regular appointments at the Day Care Unit for dressing changes and cleaning.

You should be able to resume normal activities like cooking, cleaning, walking or gentle exercises while at home. You are not allowed to go swimming with your line, as this will increase your risks of getting an infection.

How is the PICC Removed?

Your PICC is very easy to remove. It comes out easily by pulling it out slowly. Your nurse or doctor will do this for you. This is painless and you will not feel the PICC coming out at all.

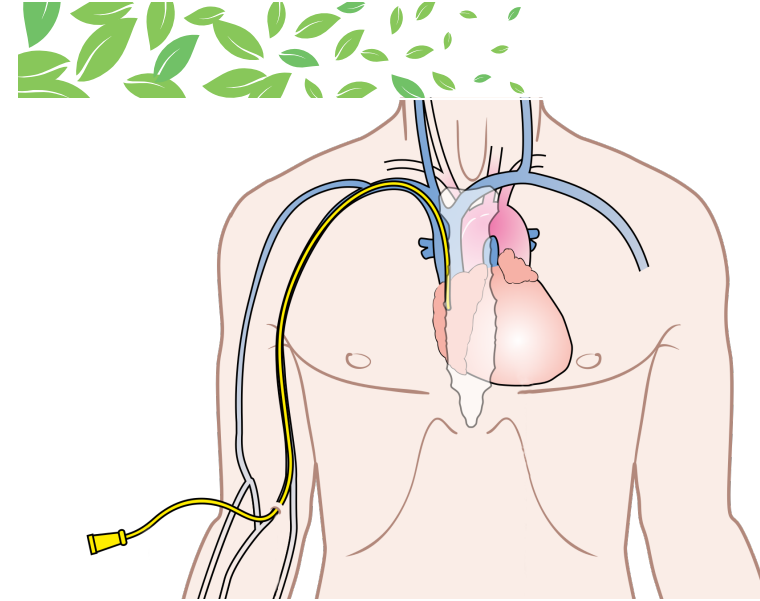
If you have any questions, please speak to your doctor or your clinical nurse specialist.

Useful Contact Numbers

Urgent Care: 4439 7277



Central Venous Access Devices: Peripherally Inserted Central Catheter (PICC)



Patients information center contact no: **44397530**

Working hours: **Sunday to Thursday from 7am to 3pm**

Patient and Family Education

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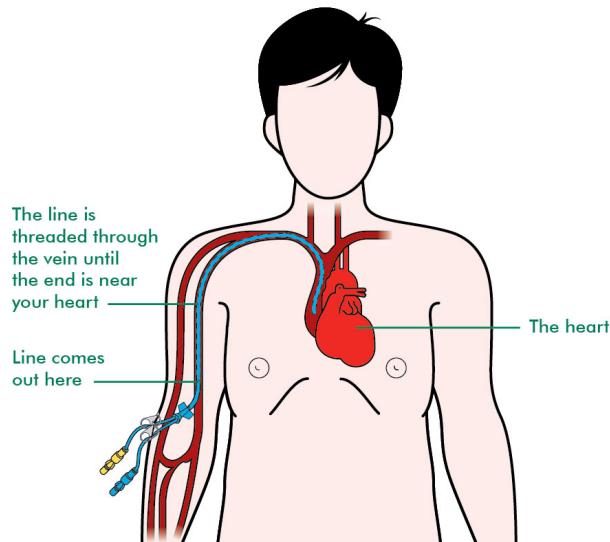
المركز الوطني لعلاج وأبحاث السرطان
National Center for Cancer Care & Research

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Central Venous Access Devices: Peripherally Inserted Central Catheter (PICC)

What is a Peripherally Inserted Central Catheter Line?

A Peripherally Inserted Central Catheter (PICC) line is a long, soft and narrow tube inserted inside a vein of the arm. This could be placed in your left or right arm depending on your preference or on the accessibility of your vein. A trained doctor or nurse usually does this



procedure. See image below:

Once in your vein, the PICC can stay in for as long as it's needed. Some people have them in for as short as one week or for much longer period such as six to eight months.

Why Should I Have a PICC Line?

A doctor or nurse may recommend you having a PICC line if you are going to receive medication through your veins for more than a week, or if it is difficult to find your

veins. These medications could be fluids, chemotherapy, antibiotics or any other intravenous treatment. Some of these medications are very strong and can irritate the veins. This may result in pain, tenderness or redness of the vein. The PICC line will help prevent these problems from happening and will protect your veins.

Additionally, you will not feel anything when blood samples are taken from the line.

Are There Any Risks?

There are small risks associated with PICC line insertion. Some people are at risk of forming blood clots that can cause pain and swelling in the arm a few days after the procedure. It is important that you keep your arm moving. You may also experience some bleeding from the insertion site temporarily. There is also a small risk of getting an infection if the line is not properly looked after.

What Happens During Insertion?

PICC insertion is a very simple procedure. You will have the PICC inserted in a procedure room so that it can be inserted under sterile conditions. This means that the nurse or doctor will wear cap, mask, gown and sterile gloves. This is to make sure that you do not get an infection.

A small local anesthetic is injected where the PICC is going to be inserted. This will sting for a few seconds and will make the area numb. You will not feel the line going in but you may feel pressure on the insertion site whilst the doctor or nurse is working. The procedure usually takes around 15 to 30 minutes.

If you are very anxious about this procedure, please discuss your concerns with the nurse looking after you.

What Happens After the Procedure?

You will have a chest x-ray to check the location of the tip of the PICC. The tip of the line should be within the big vein outside the heart. Your nurse or doctor will review the chest x-ray before using the PICC. There will also be a dressing covering the insertion site. You have to keep this dressing dry at all times.

How Will I Know if Something is Wrong with My Line?

If you experience any of the following, please call your doctor or the hospital on the numbers provided below:

- Fever of 38.0C
- Pain in your arm or chest where the PICC line was inserted
- Swelling of your arm or chest
- Fluid or oozing coming from the insertion site
- Redness at the insertion site
- Difficulty moving your arm
- Enlarged veins on your arm, chest or neck

How Will I Look After My PICC?

While you are in the hospital, the nurses looking after you will help you care for your PICC. They will give you clear instructions on how to care for it. You have to make sure that the site is dry and that you shower every day. This will help prevent you getting an infection. The nurses will provide you with a plastic cover to use when showering to protect the PICC from water.

The nurses will use gloves, gauze and will clean the tip of the PICC before using or attaching anything to it. If you