Pediatric PICC Line Care Instructions
(Peripherally Inserted Central Catheter)

PICC line was put in on (date/time): ____________________________
Type: ___________       Size: ___ French        Number of ports: ____
Length of Catheter: ___cm   Length of Catheter external to skin: ___cm
Location: _______________       Estimated volume of Catheter ___ mls

### Preventing Infection

- It is very important to prevent infection while the PICC line is in place. Cleanliness is a must! Each time you or the nurse use the PICC line these steps should be followed:
  1. Have a clean work space. If at home, use a household cleanser to clean the surface you are going to be using for your supplies.
  2. Wash your hands thoroughly or use an alcohol hand sanitizer.
  3. Before **each time** you flush or put any medicine into the IV tubing, wipe the injection cap with an alcohol wipe. **Let it dry.** Do not fan or blow on it.

- **Sterile dressing changes:** Routine dressing changes are done every 7 days unless soiled and/or dressing is not intact. If gauze is under the dressing then it is should be changed every 48 hours. Follow these steps:
  1. Prepare your work space as stated above.
  2. Put on mask.
  3. Open dressing kit.
  4. Remove old dressing.
  5. Put on sterile gloves.
  6. Disinfect the skin surface around the insertion site thoroughly with ChloraPrep.
  7. Allow solutions to thoroughly dry. Do not blow or fan.
  8. Apply skin prep where securement device and dressing will be placed. This will ensure dressing will remain intact. **DO NOT PUT SKIN PREP ON INSERTION SITE.**
9. Allow solutions to thoroughly dry. Do not blow or fan. Dressing will not adhere to skin if solution is not dry.
10. Reapply a new securement device (Stat Lock, The Bone, etc.) if not sutured.
11. Apply a biopatch and the sterile transparent dressing over the insertion site and securement device.
12. Secure the line outside the dressing.
13. Label dressing with date and time of dressing change.

- Clean catheter hubs and caps daily and/or before each use.
- Change Connector Caps every 4 days. Always use positive pressure end caps.
- **DO NOT** ever re-advance the catheter into the insertion site. If it looks like it has moved or pulled out from the insertion site, notify your doctor’s office immediately.

**Flushing PICC Catheters**

- The PICC line must be flushed each time with normal saline to help prevent blood from clotting and blocking it. If the line becomes blocked, it may have to be removed.
- When IV fluids are running through your child’s PICC line, it is being flushed continuously. When the PICC is capped off between uses, it must be flushed at these times:
  1. Before and after giving medicines or fluids.
  2. After drawing blood.
  3. Once in the morning and at night when not in use.
- For example, if your child needs medicine once every 24 hours, the line should be flushed before and after the medicine is given and around 12 hours later.
- Heplock is a medicine that prevents clotting and helps keep the PICC line open. Before giving medicine or fluid, flush the line with normal saline. After the dose, flush it twice: once with normal saline and once with heplock. Follow the instructions under “Giving the medicine and flushing the line.”
- Filled syringes have an air bubble in them. Before using, squirt the air bubble out.
- If at any time you meet resistance when flushing the PICC line or giving the medicine, **do not** force it. Call your doctor or home care nurse for help.
**Giving medicine and flushing the PICC line**

**Note:** Every time you flush the PICC line with normal saline or heparin, use the "push-and-pause” method: push a little solution, then pause for 1 to 2 seconds, then push a little more, pause, and so on. This method cleans the inside of the catheter. Use these steps:

1. Prepare the work surface.
2. Clean your hands well.
3. Gather supplies:
   - Alcohol
   - (2) Pre-filled normal saline syringes
   - IV medicine
   - (1) Pre-filled heparin syringe
4. Put supplies in order of use on the work surface.
5. Check the labels of the normal saline and Heplock syringes, and any other medicines or fluids before giving them. Make sure they are the right medicines, right doses, and right time.
6. Wipe injection cap with alcohol wipe and let it dry.
7. Remove the tip cover from the normal saline syringe.
8. Twist the syringe tip into the injection cap.
9. Unclamp the catheter and flush it with normal saline.
10. When the syringe is empty, remove it from the injection cap.
11. If you are not giving a medicine at this time, go to step 17.
12. Wipe injection cap with alcohol and let it dry.
13. Connect and give medicine as instructed by home health nurse or doctor.
14. After the medicine is given, disconnect it from the PICC line.
15. Wipe the injection cap with alcohol and let it dry.
   - Remove the syringe.
17. Wipe injection cap with alcohol and let it dry.
   - Remove the syringe.
19. Clamp the PICC line.
20. If the catheter has two ports, repeat the flushing procedure for the Second port. Use a new syringe for each port.

**Quick reference:**

1. Flush with normal saline.
2. Give the medicine or fluid.
3. Flush with normal saline.
4. Flush with heparin.
Changing the injection cap

To prevent infections, the cap should be changed every 4 days.

1. Prepare the work surface
2. Clean your hands.
3. Gather supplies:
   - Alcohol wipes
   - Heplock
   - Injection cap
4. Put packages in order on the work surface. Open packages without touching anything inside.
5. Put on mask.
6. Flush the new injection cap with Heplock. Keep Heplock syringe connected to cap.
7. Clamp the catheter.
8. Unscrew the old cap and remove.
9. Wipe the catheter hub and let it dry. **Do not** touch the end of the hub with your fingers.
10. Screw on the new cap. **Do not** touch the end that screws into the catheter. If you do, throw the cap away and use a new one.
    Remove Syringe.
12. Clamp the Catheter.

PICC line removal

The PICC line should be removed at the end of therapy. A PICC line should not remain in place if not in use. Removal of a PICC line is not painful. A bandage will be applied after removal:

- Keep the bandage on and dry for 24 hours.
- Remove dressing after 24 hours. If insertion site is healed over, it may be left open to air. If it insertion site is not healed over, recover with gauze and tape. Recheck insertion site in 24 hours.
- Watch for signs of infection (drainage, swelling, fever, chills, redness or pain)
- When bathing do not put the site under water until the wound heals over.
Reminders

- Do not use the arm or leg the PICC line is in for blood pressures.
- Avoid using the arm or leg the PICC line is in for drawing labs (veinpunctures).
- A chest x-ray for PICC line placement needs to be taken if you are readmitted to a hospital.
- PICC line may be covered with wrap or clean sock with toe and leg parts cut off. PICC should not get wet! Cover PICC site with plastic wrap while bathing.
- Each time you use the PICC line look at the insertion site to observe for swelling, redness, or drainage. See Problem Solving Chart on next page for details.

IF YOU NEED ASSISTANCES WITH YOUR PICC LINE, CONTACT YOUR HOME HEALTH NURSE OR CONTACT THE ELI MANNING CHILDREN’S CLINIC OUTPATIENT INFUSION CENTER AT 601-815-8018
## Problem Solving

<table>
<thead>
<tr>
<th>Problem</th>
<th>Possible Cause</th>
<th>What to do</th>
</tr>
</thead>
</table>
| • Fever, chills  
• Tenderness, redness or drainage with or without an odor at the site  
• Swollen arm  
• Pain or warmth at the site | • Infection | • Check your child’s temperature.  
• Call the doctor **right away** |
| • Trouble flushing the PICC  
• Unable to give medicines or fluid into catheter | • Catheter may be clamped  
• Catheter or tubing may be kinked | • Unclamp it (if clamp is present).  
• Remove the kink.  
• If the catheter is not kinked or clamped, **DO NOT** force the solution into the tube. Call the home care nurse or doctor to report the problem. |
| • Fluid leaking from the catheter | • Injection cap not screwed on securely  
• A hole in the catheter | • Tighten the injection cap.  
• If you see a leak in the line, Clamp catheter immediately between where it enters your arm, and where the cut of tear is located. Call your home care nurse or doctor. |
| • Skin redness where the tape was | • Sensitivity to tape | • The dressing may need to be changed using a different type of tape. |
| • PICC line accidentally comes out | | • Place a sterile gauze pad on the site and press firmly until the bleeding stops.  
• After the bleeding stops, apply a bandage snuggly.  
• Save the PICC line and call your doctor or home care nurse. |