

For more information:

- ask your hospital doctor or nurse
- ask your GP or Practice Nurse
- look on NHS Choices www.nhs.uk
- or Health Protection Agency www.hpa.org.uk or Public Health England www.gov.uk/government/organisations/public-health-england

Surrey & Sussex Healthcare NHS Trust

Trust Headquarters, East Surrey Hospital, Canada Avenue,
Redhill, Surrey RH1 5RH Telephone: **01737 768511**

Web: www.surreyandsussex.nhs.uk

The Patient Advice & Liaison Service can be contacted on
telephone **01737 231958**.

This leaflet can be provided in other languages and formats upon request. Tel. 01737 231958 or email: pals@sash.nhs.uk

THIS INFORMATION CAN BE MADE AVAILABLE IN OTHER LANGUAGES AND FORMATS, INCLUDING LARGER TEXT. CONTACT 01737 231958 FOR HELP.

我們可以提供這些資料的中文譯本和其他版本，包括大字體版。請致電01737231958要求協助。

CHINESE

આ જાણકારી મોટાં લખાણ સહિત, અન્ય ભાષાઓમાં અને ફોર્મેટમાં ઉપલબ્ધ થઈ શકશે.

મદદ માટે 01737231958 પર સંપર્ક કરો.

GUJARATI

NINIEJSE INFORMACJE MOŻNA OTRZYMAĆ W INNYCH JĘZYKACH I FORMATACH, NP. DUŻYM DRUKIEM DZWONIĄC POD NUMER 01737231958

POLISH

PODEMOS DISPONIBILIZAR ESTA INFORMAÇÃO NOUTRAS LÍNGUAS E NOUTROS FORMATOS, INCLUINDO TEXTO GRANDE CONTACTE O 01737 231958 PARA RECEBER AJUDA

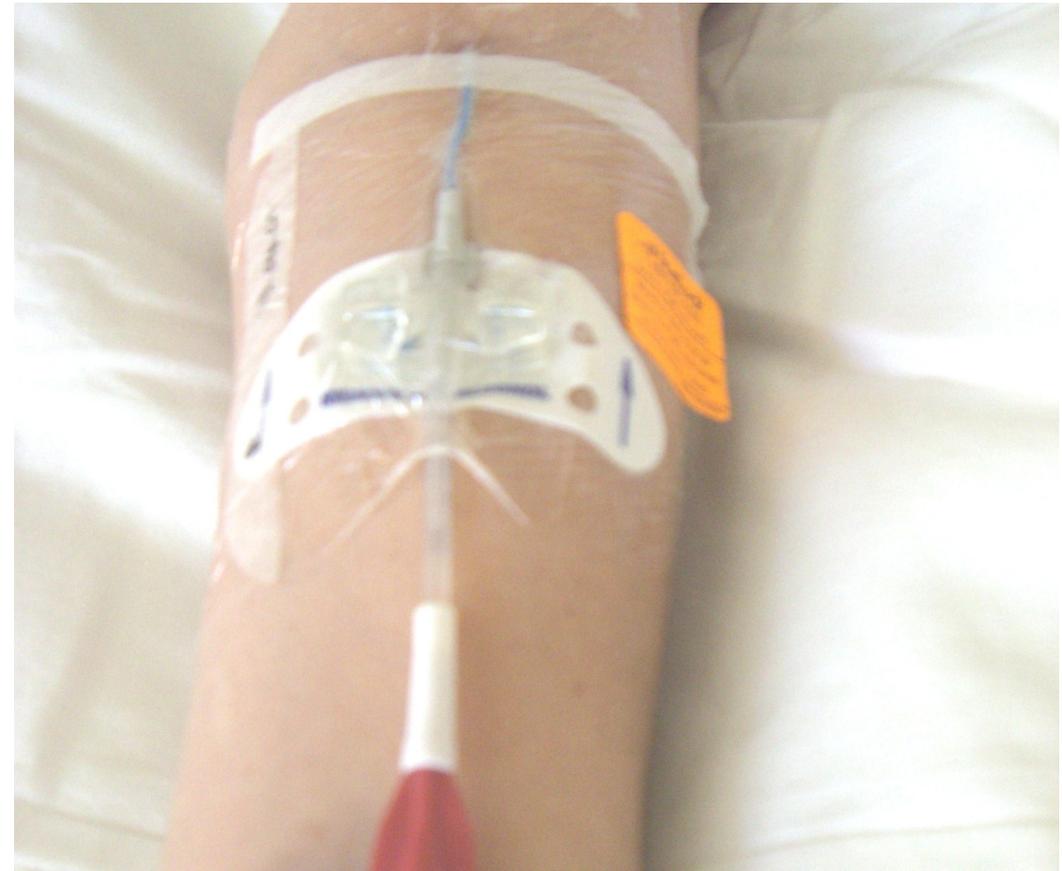
PORTUGUESE

یہ معلومات دوسری زبانوں اور صورتوں میں مل سکتی ہے، جس میں بڑے حروف میں عبارت شامل ہے۔ مدد کے لئے 01737 231958 پر فون کریں۔

URDU

Care of your Peripherally Inserted Central Catheter (PICC)

a guide for patients and their carers



Why do I need a PICC line?

It has been recommended that you have a PICC (Peripherally Inserted Central Catheter) inserted because you need either long-term intravenous (IV) therapy, parenteral nutrition or chemotherapy. A PICC can also be used for frequent blood transfusions and blood sampling.

A PICC can be left in for weeks, or months, and this makes it possible for you to complete your treatment without the need for repeated injections.

You can go home with the PICC in place and a district nurse will visit you to administer your treatment and change the dressing.

This leaflet aims to provide you with information about PICCs and the future care of your PICC. Additional information may be given by your nurse.

We advise you make sure you are aware of the contents of this leaflet. If you have any worries, or require further information, please contact a member of staff or your district nurse.

Thank you.



For more information about PICC lines, please contact your doctor or nurse in the first instance.

You can also contact the IV Nurse Specialist at East Surrey Hospital on 01737 768511 ext 6651 - bleep 296

Information for other professionals

Date inserted:

.....

Insertion site:

.....

Tip location:

.....

External length of PICC line:

.....

Internal length of PICC line:

.....

Reason for insertion:

.....

Notes

- **Blocked PICC:**

Sometimes your line may block; this will prevent the PICC from being used. It may be possible to unblock your PICC, but if this is not possible it may need to be removed.

A nurse will always flush your PICC after medication has been given.

- **Irritation of the vein**

(phlebitis): Some patients experience pain and redness along the length of the vein in which the PICC sits. This tends to occur within the first seven days following placement.

If the vein with the PICC in it becomes red or painful, please inform your doctor or nurse immediately.

Living with your PICC

The dressings and access port are usually changed on a weekly basis, unless they are loose or soiled when they should be changed immediately.

It is advised that you do not get the PICC dressing wet as this is an infection risk. Swimming is not recommended under any circumstances, although you can shower with further protective covering over the waterproof dressing and bung.

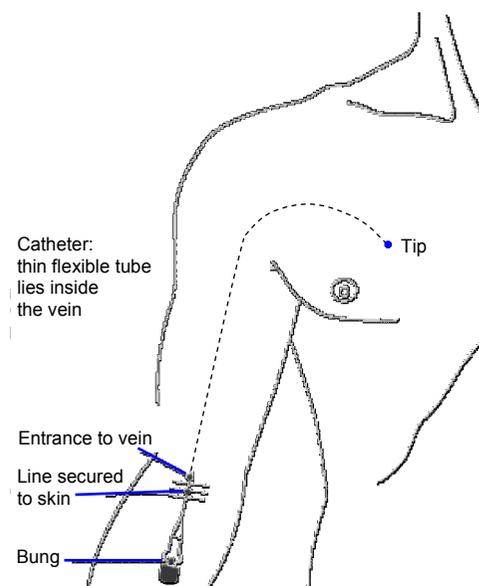
You can move your arm normally after the PICC is inserted, but avoid doing any strenuous work.

When you no longer need a PICC it will be taken out. This is a painless procedure that takes only a few minutes. ●

What is a PICC?

A PICC is a long, thin, flexible tube. It is made of silicone or polyurethane and is inserted into one of the large veins of the upper arm.

It is then threaded into the vein until the tip sits in a large vein just above the heart.



PICC insertion

Your PICC will be put in by a specially trained nurse or doctor (anaesthetist). The insertion of a PICC is not an operation, but the person inserting your line will treat it as a very clean procedure. A PICC can be inserted on a ward or in a theatre anaesthetic room.

The skin in the area where the PICC will be inserted is numbed using an injection of a local anaesthetic. This means you can eat and drink normally beforehand.

When the skin is numb the PICC is inserted via a needle, similar to one used for setting up a drip.

An ultrasound scanner is used to help locate the most suitable vein. Once the PICC is in position the needle is removed. ►

The PICC will be held in place by a securing device attached to the skin and a transparent dressing.

You will then have a chest x-ray to check that the end of the line is in the correct position before the PICC is used.

Inserting the PICC should not take long—about 30-60 minutes. You may feel some minor discomfort similar to having a cannula inserted.

Possible problems

If your veins are small, it may be difficult to put the PICC in. Sometimes it can be difficult to thread the PICC up the vein towards the heart. If this happens, it is possible to try again using a different vein.

Sometimes the PICC seems to go in easily but the x-ray shows it is not in the right place. If this happens, the PICC will be taken out and replaced, or shortened to a Midline if appropriate.

You may experience minor bleeding around the entry site just after the PICC has been put in — this usually stops after a few hours and causes no problems. The risk of bleeding is increased if you have a blood clotting disorder or you are on medicines which affect the blood clotting. Some bruising may also occur.

Although a PICC is a very fine tube, it can sometimes irritate the inside of the vein wall in your arm during the first few days.

Are there any risks?

Many patients complete their treatment without having any problems with their PICC, but there are certain risks involved.

- **Infection:** The nurse or doctor using the PICC to administer medication will use a very clean technique which involves hand washing, wearing gloves and using an antiseptic swab to clean the access port before use. However, a PICC is a direct route into your body and sometimes an infection may develop. This may result in more medical treatment and possible removal of the PICC.

If you have a temperature, fever or chills or if you feel generally unwell, please inform your nurse or doctor immediately.

- **Blood clot:**

On rare occasions it is possible for a blood clot (thrombosis) to form in your vein. This would normally result in additional medical treatment.

If your arm with the PICC becomes painful or swollen, or you notice any discoloration, please inform your doctor or nurse immediately.

- **Dislodged PICC:**

If the length of the visible section of your PICC changes, please inform your nurse. Measurements will have been taken and recorded so we can check the position of your line. ►