

Frequently Asked Questions (FAQs)

Things to note before my implanted port insertion.

Fasting is required for the procedure. More information will be given by the insertion department after you have been scheduled for the insertion.

To prepare for the procedure, you will be prescribed a medicated bath to shower with 1 day before and on the day of the procedure.

What are activities that I can and cannot do after the insertion?

Generally, you are encouraged to engage yourself in some form of exercise. However, sports like tennis, golf or other forms of vigorous activities are discouraged. There is a risk of catheter migration and dislodgement due to the excessive movements required during these activities.

You can bathe or shower as usual as the implanted port is concealed under the skin.

Water sports such as swimming is allowed after the incision site has healed completely.

However, if the implanted port is in use, swimming is not allowed due to the risk of needle dislodgement and infection.

Can I go on holidays with the implanted port?

Please communicate with your doctor before planning a trip abroad. Maintenance of the implanted port must be considered during your overseas travel.

How will I know if something is wrong with my implanted port after insertion?

Complications may arise with your implanted port. Seek medical help from your doctor/ nurse at the

Specialist Oncology Clinic during office hours or at the hospital Department of Emergency Medicine after office hours, if any one of the following conditions occurs:

- Fever $\geq 38^{\circ}\text{C}$
- Chills or uncontrolled shivering
- Chest pain or difficulty breathing
- Swelling, redness, pain or discharges at or around the implanted port site
- Impaired wound healing over the incision site/exposed implanted port
- Any other abnormal and/or prolonged symptoms, which cause concerns

Contact Us

Contact our NCCS Specialty Nurse for further enquiries during operational hours.

Telephone : 8218 1516

Monday to Friday : 8.30am to 5.30pm

Saturday : 8.30am to 12.30pm

Sunday / Public Holidays : Closed

Disclaimer: The National Cancer Centre Singapore does not endorse or promote the use of any product mentioned in this brochure. The information is presented in a summary to provide an understanding and for knowledge only, and may not contain information about all aspects of care. It does not recommend self-management of health problems or replace consultation with your doctor. You should never disregard medical advice or delay seeking treatment because of something you have read in this brochure.

©2023

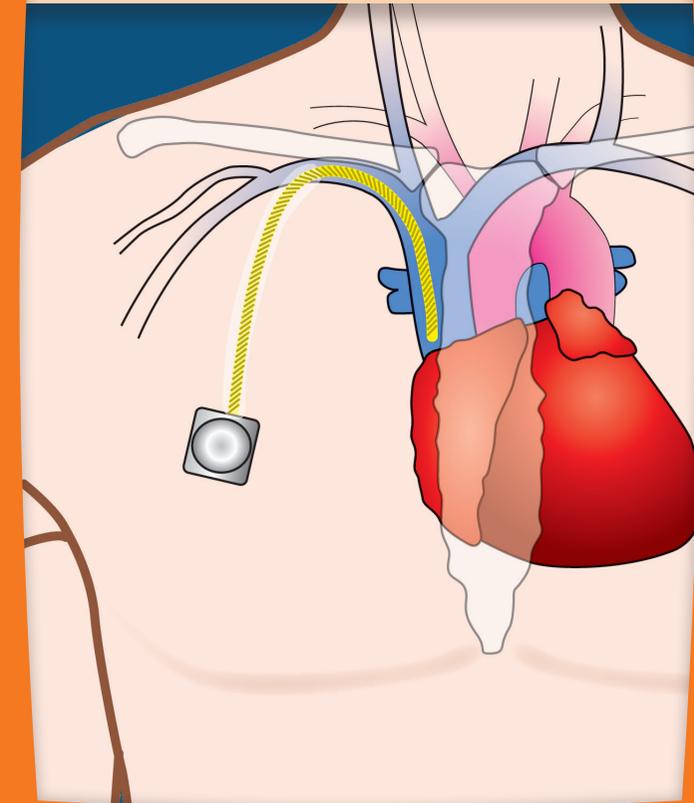
Copyright © National Cancer Centre Singapore

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted, in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without prior written permission from the publisher. However, this does not apply to reproductions of this publication for non-profit educational purposes.



Document No. NUR-EDU-PEM-010/0317

PATIENT EDUCATION UNDERSTANDING IMPLANTED PORT



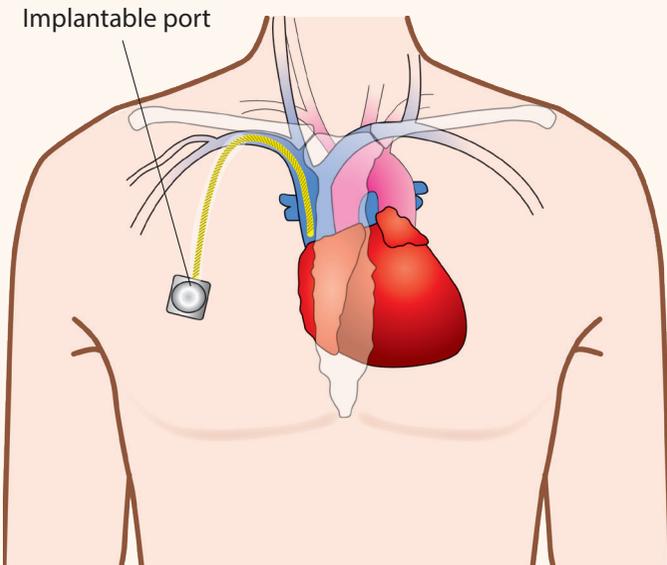
What is an Implanted Port?

An implanted port, commonly called port-a-cath, is a small medical appliance, shaped like a disk and placed beneath the skin. The most common place for the implanted port placement is on either right or left upper chest and just below the collarbone.

Why an Implanted Port is needed?

Your doctor may have suggested the insertion of an implanted port for the administration of one of the following:

- Chemotherapy agents
- Long term antibiotics
- Blood & blood products
- Parenteral nutrition.



How is the Implanted Port inserted?

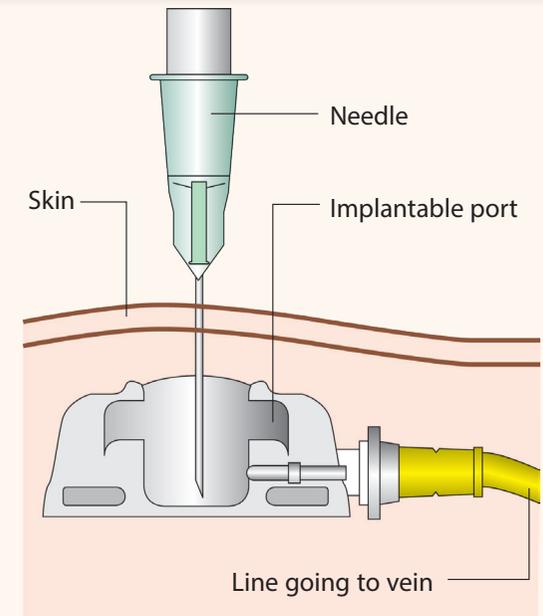
- This is an outpatient procedure, and you will be placed under local anaesthesia (LA) by a specialist doctor called interventional radiologist. Consent will be taken before the procedure.
- The site chosen will either be on the right or left of the chest.
- The doctor will make 2 small cuts under the skin and insert the implanted port. It will be connected to a catheter which is threaded into the large vein just above the heart.
- The small cuts will be closed with absorbable sutures, followed by surgical glue.
- A chest X-ray will be done to verify the placement of the implanted port after procedure.
- You will be observed after the procedure to ensure that you are fit to go home.
- The whole procedure is estimated to take half a day.

What are the risks associated with Implanted Port insertion?

As with most surgical procedures, there are risks such as bleeding or infection. Other risks associated with a port placement include:

- Tip of the catheter is not in the best position
- Accidental puncture of lungs
- Accidental puncture of the artery which may cause bleeding.

How should the Implanted Port be cared for?



- No dressing is needed after the incision site heals as the implanted port is concealed under the skin.
- The implanted port would need to be flushed by a trained doctor/ nurse:
 - After each use
 - Every 8 weeks as maintenance flushing when it is not used actively.

How is the Implanted Port removed when it is no longer needed?

There are 2 options:

- For port removal, removal procedure will be arranged.
- Maintenance flushing is required every 8 weeks if implanted port is not removed.