

## Frequently asked questions (FAQs)

### Can I eat and drink before having my catheter inserted?

It is advisable to have a light meal before coming for the procedure.

### Will I need to stay in hospital after the catheter insertion?

No, as the procedure is done under local anesthesia only.

### Can I bathe and swim?

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

Swimming can be engaged after the incision on the skin has healed completely.

### Can I play sports?

Sports like tennis, golf or vigorous gym exercises are discouraged. There is a risk that the catheter attached to the implanted port could be dislodged because of excessive movements.

### Can I go on holiday?

Please talk to your doctor before planning a trip abroad. Generally, it is possible to holiday at home or aboard with an implanted port.

### How will I know if something is wrong with my Implanted Port?

Complications may arise with your implanted port.

Contact your doctor or nurse if any of the following signs or symptoms occur:

- Redness, swelling, pain, pus or tenderness around port site
- Rashes or blisters
- Abnormal pain around the port site
- Fever, chills and sweating (signs of infection)
- Impaired wound healing over the incision site / exposed port.

## Contact Us

Contact the Vascular Access Nurse for further enquires during operational hours.

Telephone : 8218 1516

Monday to Friday : 8.00am to 5.00pm

Saturday : 8.00am to 12.00pm

Sunday / Public Holiday : Closed

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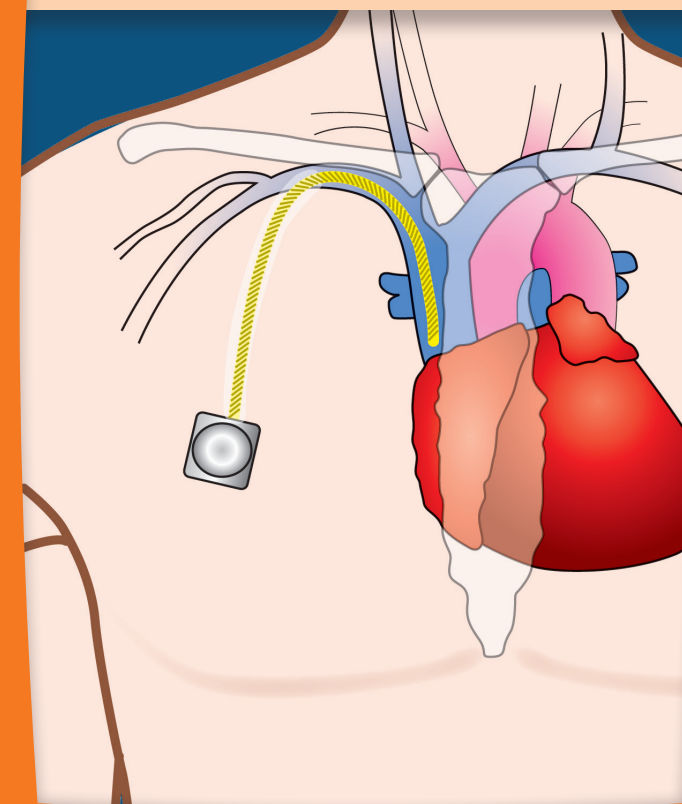
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## GUIDE TO IMPLANTED PORT



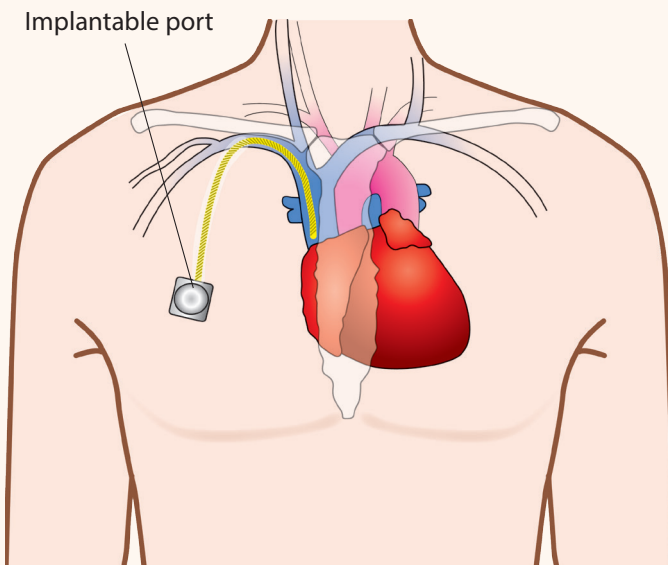
## What is an Implanted Port?

An implanted port, commonly called port-a-cath is shaped like a disk. It is placed under the skin. The most common place for the port placement is on your upper chest 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:

- a) Chemotherapy agents
- b) Long term antibiotics
- c) Blood & blood products
- d) Parenteral nutrition.



## How is the port inserted?

The procedure is done under local anaesthesia. The site chosen will either be on the right or left side of your chest.

The doctor will make a small cut under the skin and a port will be inserted. The port will be connected to a catheter which is threaded into the large vein just above the heart.

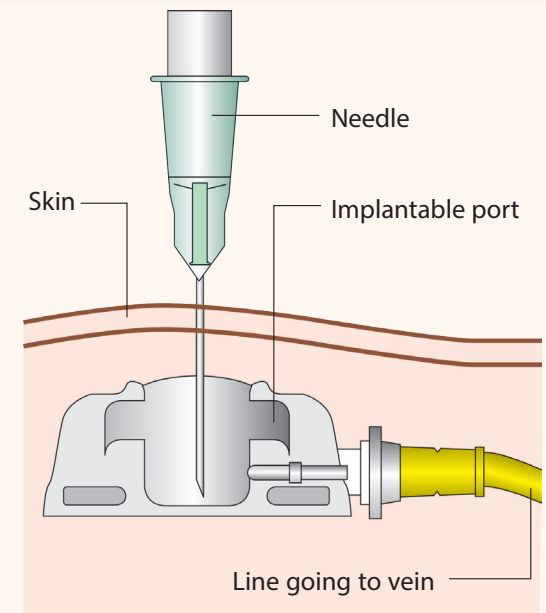
A chest X-ray will be done to verify the placement of the port after procedure.

## What are the risks associated with having an Implanted Port?

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

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

## How to care for your Implanted Port?



- The port would need to be flushed after each use by a trained nurse or a doctor.
- Monthly flushing will also be done by a trained nurse or a doctor when not in use.
- There will be no dressing needed after the incision site heals as the port is concealed under the skin.

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

It is not necessary to remove the port after completion of treatment. However, routine monthly flushing of the port is needed.