

### Can I go on holiday?

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

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

Complications may arise with your catheter.

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

- Redness, swelling, pain, pus or tenderness around PICC site
- Rashes or blisters
- Discharges / Bleeding / Leakage from catheter exit site
- Loose or broken stitches
- Fever, chills and sweating (signs of infection)
- Abnormal pain felt along catheter
- Leakage or cracks on the catheter.

## 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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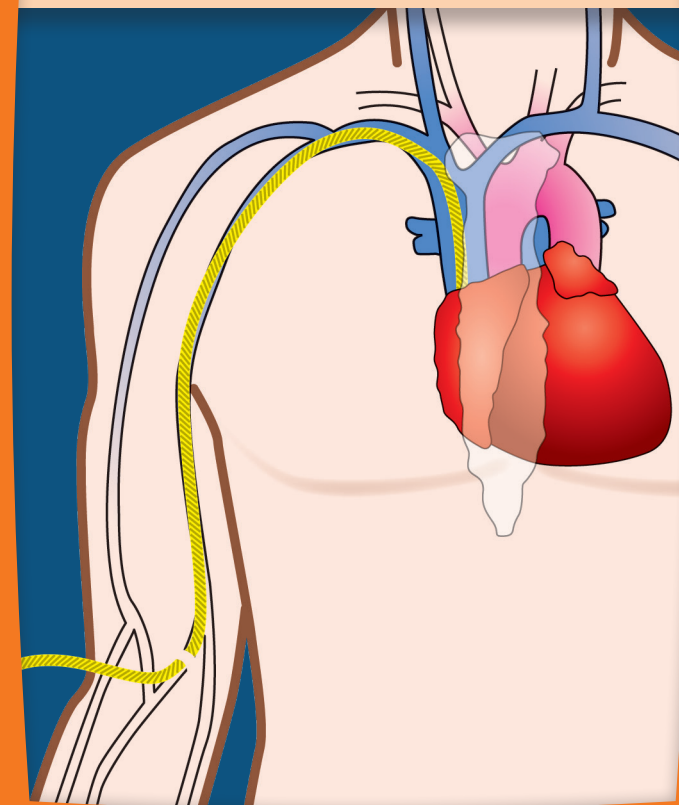
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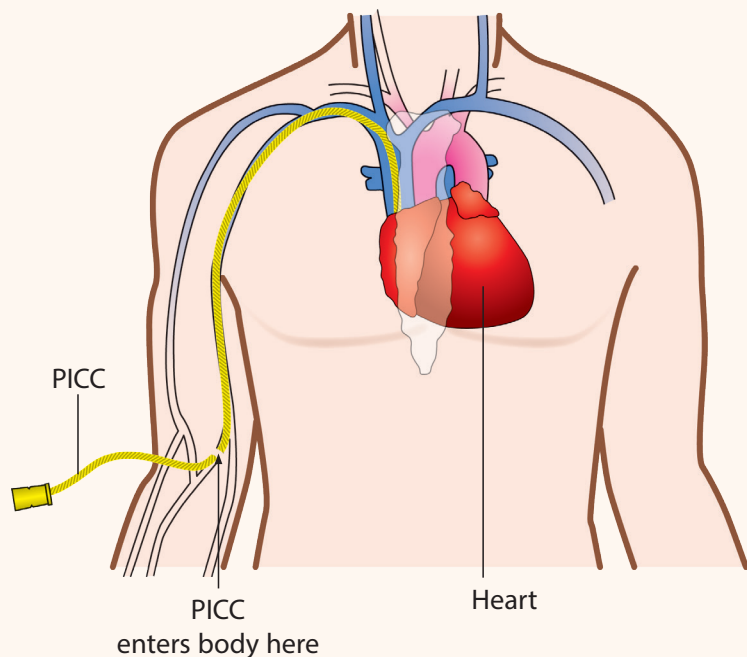
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## GUIDE TO PERIPHERALLY INSERTED CENTRAL CATHETER





## What is a Peripherally Inserted Central Catheter (PICC)?

Peripherally Inserted Central Catheter (PICC) is a thin, flexible hollow tube inserted into a vein near the bend of the elbow.

## Why a PICC is needed?

Your doctor may have suggested the insertion of a PICC 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 PICC placed?

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

The tube is threaded into a large vein on the right side of the heart. Stitches will be placed to secure the catheter on the arm.

A chest X-ray will be done to verify the placement of the catheter after insertion.

## What are the risks associated with having a PICC?

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

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

## How to care for your PICC?

You and your family members will be responsible for the care of the catheter at home. This includes:

- Weekly dressing (cleaning the exit site and applying a new dressing)
- Weekly flushing (to prevent blockage when line is not in use).

## How is the PICC removed when it is no longer needed?

After the completion of your treatment, your doctor will assess and review your need for the catheter. If the catheter is no longer needed, it will be removed by a trained nurse or a doctor.

## 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 my catheter has been inserted?

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

### Can I bathe and swim?

You are encouraged to bathe and shower as usual. However, care must be taken to prevent the catheter dressing from getting wet.

Swimming is discouraged as submerging your catheter in water will increase the risk of infection.

### Can I play sports?

Sports like tennis, golf or vigorous gym exercises are discouraged. There is a risk that your catheter could dislodge because of excessive movements.