

## Frequently Asked Questions (FAQs)

### 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, which may cause bleeding and requires immediate medical attention.

You can bathe or shower as usual. However, care must be taken to prevent CVC dressing from getting wet by covering the CVC area with waterproof cover or plastic sheet when showering.

Water sports such as swimming is not allowed as submerging your CVC in water will increase the risk of infection.

### Can I go on holidays with CVC?

Please communicate with your doctor before planning a trip abroad. Routine care of CVC must continue during your travel.

### How will I know if something is wrong with my CVC after insertion?

Complications may arise with your CVC.

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, itch, pain or discharges at or around the catheter site
- Uncontrolled bleeding from the catheter insertion site
- Pain or swelling in the face, neck, chest or arm on the side where the catheter is inserted
- Leakage or cracks on catheter; dislodged catheter
- Loose or broken stitches
- Rashes or blisters on catheter surrounding skin
- 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

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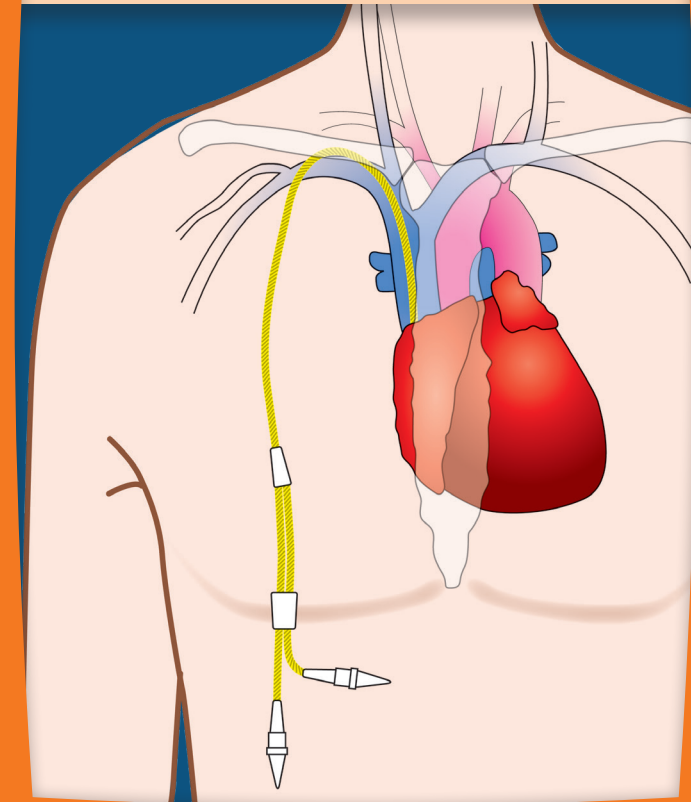
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## PATIENT EDUCATION UNDERSTANDING CENTRAL VENOUS CATHETER (CVC)



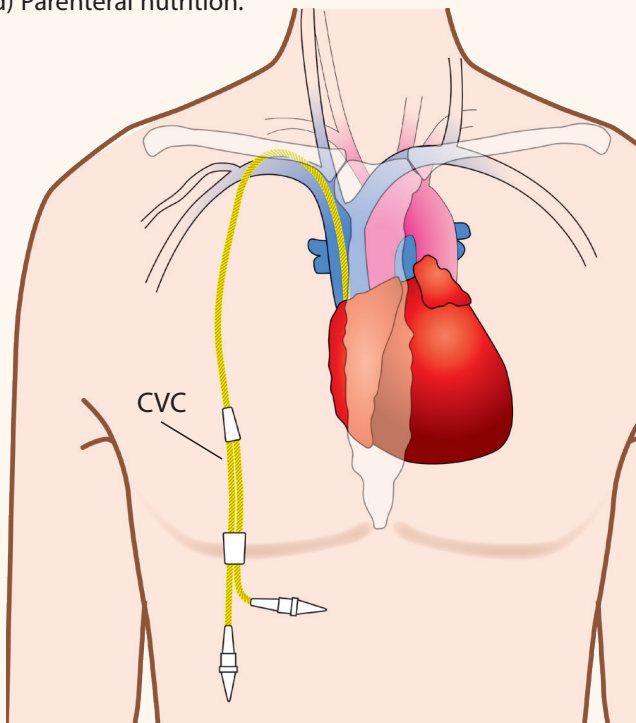
## What is a Central Venous Catheter (CVC)?

Central Venous Catheter, or CVC, is a long, flexible hollow tube inserted through either side of the upper chest into the venous system.

## Why is a CVC needed?

Your doctor may have suggested the insertion of a CVC for the administration of one of the following:

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



## How is the CVC 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 a small cut on the skin near the collar bone where the catheter will be inserted. Stitches or sutureless securement device will be placed to secure the catheter on the chest.
- A chest X-ray will be done to verify the placement of the catheter after the 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 CVC insertion?

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

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

## How should the CVC be cared for?

CVC requires regular weekly routine care which includes:

- Changing of the catheter site dressing
- Flushing of the catheter
- Changing of the needleless connector

You/ your family or caregiver will be shown how to perform the CVC routine care.

## How is the Central Venous Catheter 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 either by a trained nurse or a doctor.

## Frequently Asked Questions (FAQs)

### Things to note before a CVC insertion.

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