

Caring for your PICC at home

These instructions are intended for printing. The instructions contain sections to be filled in.

A PICC is a Peripherally Inserted Central Catheter, usually inserted through one of the veins in your upper arm. It can be used for administering medicine and fluids, and for drawing blood samples. It can also be used for high pressure injections. You can lead a normal life with your catheter, but lifting that arm higher than your shoulder is not recommended.

Insertion

The catheter is inserted under local anaesthesia. In some special cases a follow up period of a few hours in hospital is required.

Wound care

The insertion point is usually protected by a soft bandage that goes around the arm. For showering, this should be removed, and the rest of the dressing should be protected by a plastic bag or clingfilm which is sealed at both by tape or rubber bands.

Pain medication

You can take paracetamol for the pain.

Paracetamol

The PICC- catheter

Professional health care providers use and rinse the catheter using aseptic practices. The catheter should be rinsed thoroughly after use and also at least once a week if it has not been used. The dressing and the connector need to be changed the day after insertion if they do not look clean and later at least once a week. If they get soiled, moist or loosen they need to be changed sooner. This is done at your Health Centre (terveyskeskus).

If there are signs of a local infection of the vein (redness, tenderness, pain) at the insertion site, if the vein feels hard or if signs of general infection occur (fever, shivering, swelling or leakage at the insertion site, odour, intense pain or the insertion site is warm to the touch) you need to contact a health care professional, see below.

Contacts

The Day Care Unit, weekdays between 07.00 and 15.00, telephone 06 213 1552

The Oncology Outpatient Clinic, weekdays, telephone 06 213 2910

Your Health Centre (terveyskeskus) or Occupational Health Care Centre (työterveyskeskus)

Telephone nursing services from 15.00–08.00 on Monday–Thursday and from 14.00–08.00 on Friday and 24 hours a day during weekends and on midweek holidays, telephone 116 117

Vaasa Hospital District • www.vaasankeskussairaala.fi/en • Telephone 06 213 1111

This instruction is intended for our patients who are in care relationship.