

Your PICC

Your PICC is protected from water to a certain degree because of the transparent semi-waterproof dressing that covers it.

You can shower or wash, however, it is not recommended that you leave your arm under the water for extended periods of time. If you have concerns you can cover the dressing with a plastic bag or glad wrap.

You need to examine your arm daily to check for signs of infection and/or leakage.

These include:

- Bad odour
- Pain or heat at site
- Swelling at site
- Oozing at site
- Pain or redness up vein

You need to check your temperature daily. If your temperature is 38°C or higher you need to contact your unit or if after hours you should go to the Emergency Department.

If you have any concerns about your PICC, please contact the appropriate resource person or unit.

Contact

Oncology:

- Day Treatment Centre:
P: 4014 3101
- Oncology Clinical Nurse Consultant:
P: 4014 3824
- After Hours Oncology Ward 5B:
P: 4014 3825

Haematology:

- Day Unit 5D:
P: 4014 3077 or 4014 3076
- Haematology Clinical Nurse Consultant:
P: 4014 3059
- After Hours Haematology Ward 5C:
P: 4014 3072

About Calvary

Founded in 1885 by the Sisters of the Little Company of Mary, Calvary is a charitable, not-for-profit, Catholic health care organisation. We're responsible for over 12,000 staff and volunteers, 15 Public and Private Hospitals, 15 Retirement and Aged Care Facilities and a national network of Community Care Centres.



Calvary

Mater Newcastle

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Hunter Region Mail Centre, NSW 2310, Australia
www.calvarymater.org.au

Your PICC Guide



Calvary

Mater Newcastle

Continuing the Mission of the Sisters of the Little Company of Mary

What is a PICC?

PICC is an acronym for Peripherally Inserted Central Catheter.

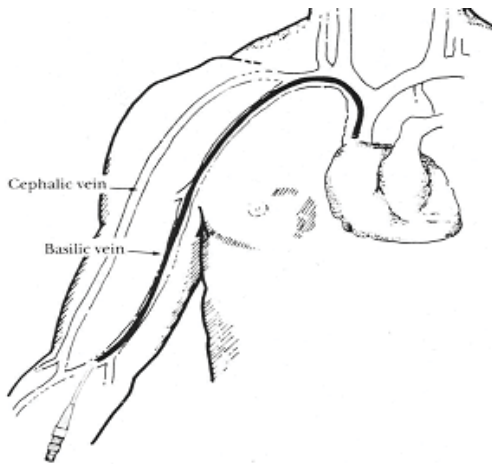
A specially trained nurse or doctor places this catheter, a sterile hollow tube, in a vein in your elbow region (your ante-cubital fossa) or your upper arm.

The PICC is inserted using a normal cannula and is fed up the vein until it reaches one of the major veins near your heart (see picture below).

A chest x-ray will be performed to confirm that the catheter is in the correct place before the catheter can be used.

The PICC is made from silastic, which means it is very flexible and can stay in your arm for as long as is required.

Please see below for a diagram of the PICC's location.



PICC lines can be single, double or triple lumen, have a valve system or be open ended, and can have the capacity to be used for CT scanning procedures. Please ensure you get the specific information relevant to your PICC line.

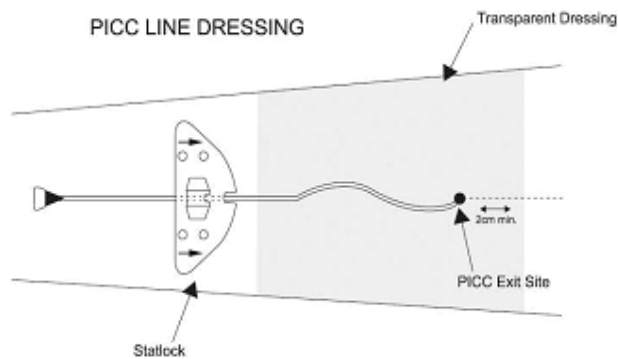
Caring for your PICC

All care associated with your PICC can be attended to by the nurses in your appropriate day unit or ward.

If your PICC is to remain long term you will be educated about how to care for it.

Your PICC has a clear dressing which allows you to observe any changes.

The diagram below shows how your PICC should look.



If your dressing is coming off or doesn't look similar to the diagram, please contact us. Our telephone numbers are provided on the back of this brochure.

Hints for maintaining your PICC

- Do not lift anything heavy with the arm that has the PICC in place, i.e. over about 30lbs or 13kgs.
- Do not undertake strenuous exercise/activities using your PICC arm, i.e. digging in the garden, household chores, bowling, etc.
- Do not go swimming while you have a PICC in your arm as the risk of infection from the water is very high.
- Do not panic if the cap on the end of your PICC becomes dislodged. If you have a clamp on your PICC ensure it is closed.

You can also try to screw the cap back on cleanly, if not completely dislodged, or simply cover the end with something clean and come to either the Day Treatment Centre or Emergency Department for the cap to be replaced.