

# Patient Guide



**For patients with a peripherally inserted  
central catheter (PICC line)**

## Peripherally inserted central catheter (PICC)

The PICC line is inserted into a vein in the upper limb to provide central intravenous access. It enables medications to be directly administered into the veins (e.g., intravenous fluids, chemotherapy, antibiotics, intravenous feeding).

The PICC line is inserted at the radiology department. After a local anaesthetic is applied to the skin, the catheter is inserted via guided by ultrasound.

**Catheter implanted on :** \_\_\_\_\_

### Type of catheter

- PICC line with valve
- PICC line without valve
- Other : \_\_\_\_\_

### Catheter measurements

- Internal measurement : \_\_\_\_\_
- External measurement : \_\_\_\_\_

### Frequency of dressing changes

- First change in 24 hours,  
that is, on : \_\_\_\_\_
- Then, **once a week**, a CLSC nurse will make an appointment with you to change the dressing.

## Signs and symptoms to watch for

### At least once a day :

- Check to see if there is any redness, heat, pain or swelling along the catheter line above the elbow crease ;
- Check for oozing under the dressing at the elbow crease ;
- Check the condition of the dressing at the site where the catheter was inserted to make sure that it is watertight ;
- Make sure there is no blood in the extension tubing or redness under the dressing ;
- Check for the onset of itching, small pimples under the dressing ;
- If you are administering medication intravenously, make sure to properly disinfect and flush each line, using the technique you were taught, before and after your medication (make sure there is no resistance during flushing).

**Dedicated line : 1 888 939-5050**

**24 hours a day ● 7 days a week**

**IMPORTANT | In case of signs or symptoms, call this dedicated line immediately.**

## Guidelines for your daily activities

- Let your arm rest as much as possible and avoid sudden movements and strenuous activities, like mowing the lawn, lifting heavy loads, housework, sports, fishing, etc. to reduce the risk of complications.
- Avoid putting pressure on the part of your arm above the elbow crease (e.g., wearing clothes with sleeves that are too tight).
- Avoid wetting your catheter (e.g., swimming). We recommend wrapping your arm in plastic wrap (e.g., Saran Wrap) or putting a plastic bag over it with adhesive tape at both ends while taking a bath or shower.
- To avoid any blockage in the catheter between uses, it must be flushed every week by a CLSC nurse.
- You will receive an ID card with information about your catheter (always have it with you).

