

**ARIZONA HOME CARE/PATIENT CARE INFUSION PHARMACY  
PICC LINE CARE AND MAINTENANCE/TUNNELED ACCESS CATHETER  
PATIENT EDUCATION TOOL**

**Name** \_\_\_\_\_

**Nurse** \_\_\_\_\_

**Pharmacy Contact** \_\_\_\_\_

Your doctor has ordered medications to be given through your  
Peripherally Inserted Central Venous Catheter (PICC) or Tunneled Access Catheter (TAC)

**Your Line is a** \_\_\_\_\_

Date Placed \_\_\_\_\_ Length to hub \_\_\_\_\_

Flush each lumen twice a day as directed.

- Flush with Normal Saline 10ml before and after medications.
- Flush each lumen with 5ml Heparin after the last Normal Saline flush.
- Flush lumen not being used for medication with Normal Saline 10ml twice a day.
- Flush each lumen not being used for medication twice a day with 5ml Heparin after the last Normal Saline flush.

**Your IV Medications**

Medication #1 \_\_\_\_\_

Rate \_\_\_\_\_ Pump/tubing \_\_\_\_\_

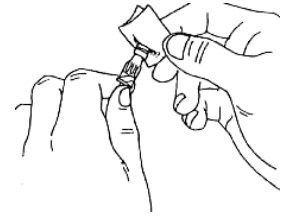
Time(s) \_\_\_\_\_

Medication # 2 \_\_\_\_\_

Rate \_\_\_\_\_ Pump/tubing \_\_\_\_\_

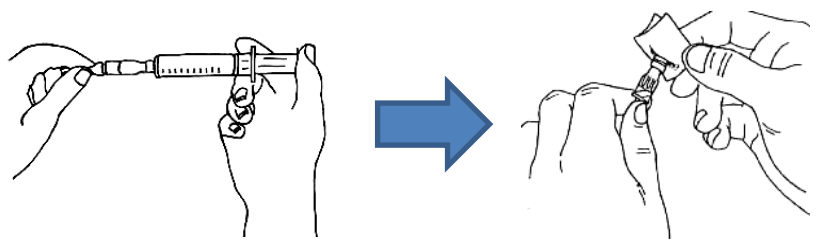
Time(s) \_\_\_\_\_

# SAS-H



Scrub the cap on the end of the PICC with the alcohol swab for 10-15 seconds.

## S – Saline



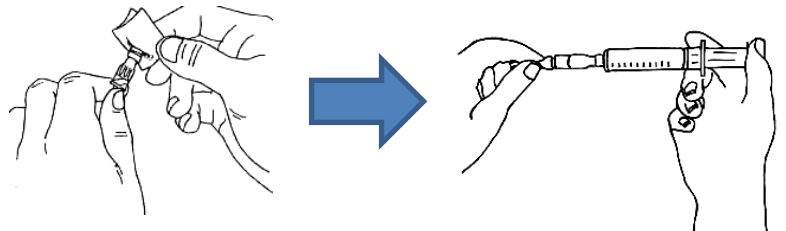
Scrub the cap on the end of the PICC with the alcohol swab for 10-15 seconds.

## A – Administer Medication

Med \_\_\_\_\_ Method \_\_\_\_\_ over \_\_\_\_\_ every \_\_\_\_\_

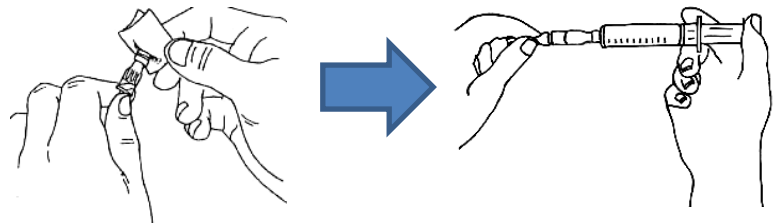
Scrub the cap on the end of the PICC with the alcohol swab for 10-15 seconds.

## S – Saline



If Heparin is needed, Scrub the cap on the end of the PICC with the alcohol swab for 10-15 seconds.

## H – Heparin



## GENERAL INFORMATION ON CARING FOR YOUR PICC/TAC AT HOME

### Call Arizona Home Care when

1. The PICC is hard to flush.
  - There is pain when flushing the PICC or giving the medication.
  - A red streak is visible from the PICC insertion site along the vein
  - The PICC site has blood, drainage or is wet.
  - Skin around the PICC site becomes
    - Sore to touch
    - Swollen
    - Hard
    - Red or has a change in color
2. If your daily monitoring of weight, blood pressure, heart rate, blood sugar or temperature is above or below what the doctor has given your normal range.
3. Questions on how to care for your PICC.
4. Questions or problems with your pump.
5. If you need more supplies for your home infusion.



### Call Your Doctor

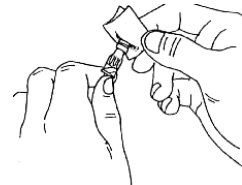
1. If you are experiencing side-effects from the medication.
2. If you have a worsening or increase in symptoms.
3. If you have a fever, chills, or signs of an illness.
4. To schedule your follow-up appointments.
5. With questions related to your lab results.
6. With questions related to your procedures or tests.

### Call 911

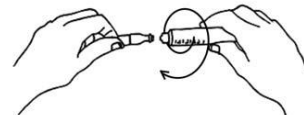
1. If your PICC line becomes dislodged or broken.
2. If you have difficulty breathing.
2. If you have increased chest pain.
3. If you have a defibrillator that is activated.

## GIVING YOUR MEDICATION THROUGH YOUR PICC/TAC LINE

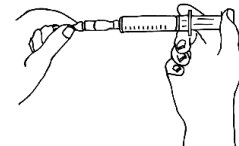
1. Prepare your work area by laying down clean paper towels or by cleaning the surface with alcohol or antibacterial wipes.
2. Wash our hands with soap and water or antibacterial soap.
3. Assemble Supplies:
  - (2 ) 10ml Normal Saline in a syringe (white cap)
  - (1) 5 ml Heparin syringe if your line needs this as the final flush (blue cap).
  - (4) Alcohol swabs
  - Medication (prepare as instructed by your Home Health Nurse)
4. Wash your hands for 30-60 seconds with antibacterial soap provided by the pharmacy. Dry with paper towels or a clean unused towel.
5. Scrub the cap on the end of the line with the alcohol swab for 10-15 seconds.



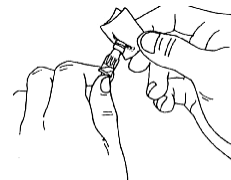
6. Remove any air bubbles from the 10 ml Normal Saline syringe and attach the syringe to the end cap on the line.



7. Flush line with the 10 ml Normal Saline into the line using a push-pause motion and leave 1 ml of saline in the syringe.



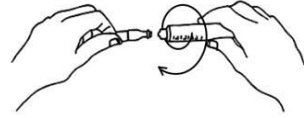
8. Disconnect the syringe from the end cap on your line.
9. Scrub the cap on the end of the line with the alcohol swab for 10-15 seconds.



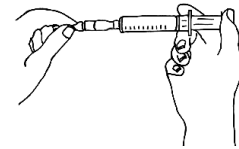
10. Connect your medication to the end cap of your line and give the medication as you have been instructed by your Home Health Nurse.

Med \_\_\_\_\_ Method \_\_\_\_\_ over \_\_\_\_\_ every \_\_\_\_\_

11. When medication is finished, disconnect and scrub the cap on the end of the line with the alcohol swab for 10-15 seconds.
12. Remove any air bubbles from the 10 ml Normal Saline syringe and attach the syringe to the end cap on the line.



13. Flush line with the 10 ml Normal Saline into the line using a push-pause motion and leave 1 ml of saline in the syringe.



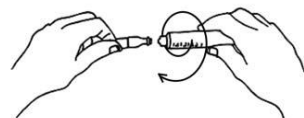
14. Disconnect the syringe from the end cap on your line.

**SHOULD YOUR LINE REQUIRE HEPARIN FOLLOW THE INSTRUCTIONS BELOW:**

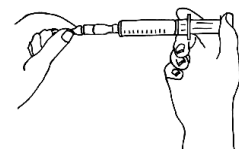
15. Scrub the cap on the end of the line with the alcohol swab for 10-15 seconds.



16. Remove any air bubbles from the 5 ml Heparin syringe and attach the syringe to the end cap on the line.

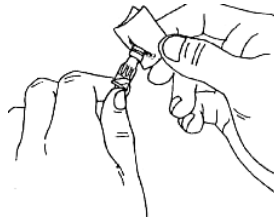


17. Flush line with the 10 ml Normal Saline into the line using a push-pause motion and leave 1 ml of saline in the syringe.

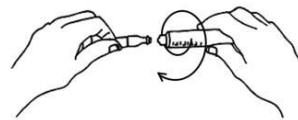


## **FLUSHING YOUR PICC/TAC LINE WHEN THE MEDICATION IS NOT GIVEN.**

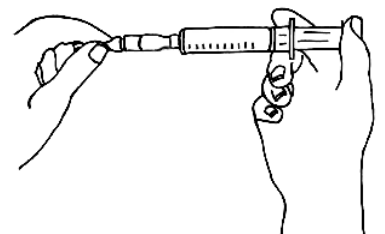
1. Prepare your work area by laying down clean paper towels or by cleaning the surface with alcohol or antibacterial wipes.
2. Wash our hands with soap and water or antibacterial soap.
3. Assemble Supplies:
  - (1 ) 10ml Normal Saline in a syringe (white cap)
  - (1) 5 ml Heparin syringe if your line needs this as the final flush (blue cap).
  - (3) Alcohol swabs
4. Wash your hands for 30-60 seconds with antibacterial soap provided by the pharmacy. Dry with paper towels or a clean unused towel.
5. Scrub the cap on the end of the PICC with the alcohol swab for 10-15 seconds.



6. Remove any air bubbles from the 10 ml Normal Saline syringe and attach the syringe to the end cap on your line.



7. Flush line with the 10 ml Normal Saline into the line using a push-pause motion and leave 1 ml of saline in the syringe.



8. Disconnect the syringe from the end cap on your line.

9. Should you line require Heparin, clean the end of you line with a new alcohol, wipe for 10 – 15 second and then repeat the process with the Heparin

## What is a PICC/TAC line?

A PICC/TAC is a catheter that is placed in a vein to give your IV medications or fluids. The end of the PICC/TAC is in the largest vein by your heart.

## Infection Control

Aseptic or sterile technique is used when caring for your PICC/TAC line and giving your IV medications.

- Keep your hands and surroundings clean to prevent infection.
- Always wash your hands with antibacterial soap for 30-60 seconds before caring for your IV line or giving IV medications and again if you are interrupted doing the care.
- Dry your hands with paper towels or a clean towel.
- Prepare a clean area when caring for your IV line or giving IV meds.
- Never touch the end of the syringe when the cap cover is removed.
- Keep your IV supplies away from pets and small children.



## Safety and Organization

Keeping organized is very important when doing IV meds in the home.

- Organize your supplies ahead of time before giving your medication.
- Notify the pharmacy if you need extra supplies or need a replacement for an IV medication that you needed to throw away.
- Put used supplies in a separate trash bag and double bag it when throwing it away.

## **ALWAYS PROTECT YOUR PICC/TAC LINE.**

**Keep your dressing clean and dry at all times.** Moisture or sweat under the dressing will grow germs that can cause an infection in your line and blood.

- Call Arizona Home Care if your dressing becomes wet or soiled to schedule a visit that day to have it changed. Do not wait for your next visit for the dressing change.

- Cover when showering with plastic bag or wrap and tape edges to secure. Do NOT cut off the plastic covering with scissors. Shower in a way to prevent continuous flow of water over the covering.
- No swimming.
- If you have a PICC, keep the clean netting cover over dressing that is supplied by our pharmacy.
- Be aware of getting the tubing tangled in clothes while dressing and undressing, in bedding and blankets.
- With a PICC line, do not lift anything heavy with the arm that has the line.

## **PICC/TAC LINE CARE AND MAINTENANCE IN THE HOME**

### **How often will my line dressing need changed?**

The dressing must remain clean and dry to avoid infection or coming out of place.

The dressing will need to be changed by your Home Care Agency:

- Every 7 days if you have a clear dressing on the PICC.
- Every 2 days if you have a gauze dressing.
- If the dressing becomes wet, sweaty, soiled, or starts to come off.

### **What is on the end of my line?**

The end of the line is protected by a special cap.

- The cap must stay on the line at all times to prevent infection.
- Always scrub the cap for 10-15 seconds with an alcohol wipe whenever connecting a syringe or tubing.
- Use a new alcohol wipe each time you scrub.
- If the cap comes off accidentally when removing the syringe, clamp the line if these are present, keep the end covered with an alcohol wipe and call Arizona Home Care to have the nurse assist.



### **Do I need Heparin when I am flushing my line?**

- Your Home Health Nurse will let you know if you need Heparin or not.
- Some lines require heparin to keep them from clotting. Other lines do not.
- If flushing with Heparin, you will do this after the flush with normal saline.

### **Can I do give my medications/fluids anywhere?**

- You can give your medication/fluids in or out of the home as long as it is being done in a clean and safe place.
- Always clean your work surface with alcohol or antibacterial wipes or lay clean paper towels.



- Do not eat or drink while preparing your supplies and doing your care or medication/fluid administration.
- Do not smoke while preparing your supplies and doing your care or medication/fluid administration.
- Keep pets and small children away from your work area to avoid possible contamination.
- Some insurance companies require that you are homebound to pay for nursing care and infusion supplies in the home.
  - Notify your nurse if you are planning to do your care outside your home.
  - If going back to work, your nurse may be able to make arrangements to assist you at your workplace with your employer's approval.

## **ABOUT YOUR MEDICATIONS**

### **Where do I store my medications/IV fluids?**

- Your Home Health nurse or pharmacy will instruct you on how to store your medication.
- If your medications need to be refrigerated
  - Keep it in a clean area away from the back of the refrigerator.
- If your medications can be stored without refrigeration
  - Store in a clean, dry area
  - Keep out of reach from children and pets.

### **Where do I get my medications/IV fluids?**

- Your medications have been prepared by Patient Care Infusion Pharmacy at Arizona Home Care.
- The Pharmacists and Pharmacy technicians prepare the medications using sterile technique.
- The pharmacy technician will make arrangements with you for your deliveries.

### **Before giving your medications/IV fluids**

Always read your medication label before giving and check the following:

- Correct name of patient
- Correct dose
- Correct medication
- Expiration date
- Directions for use

### **Know what the medication is for and what the side effects are.**

The pharmacy has provided you with information on your IV medication.

- Keep this information sheet in your Home Care folder for future needs.
- Notify Arizona Home Care immediately if you are having side effects from your medication or problems when you take your fluids.