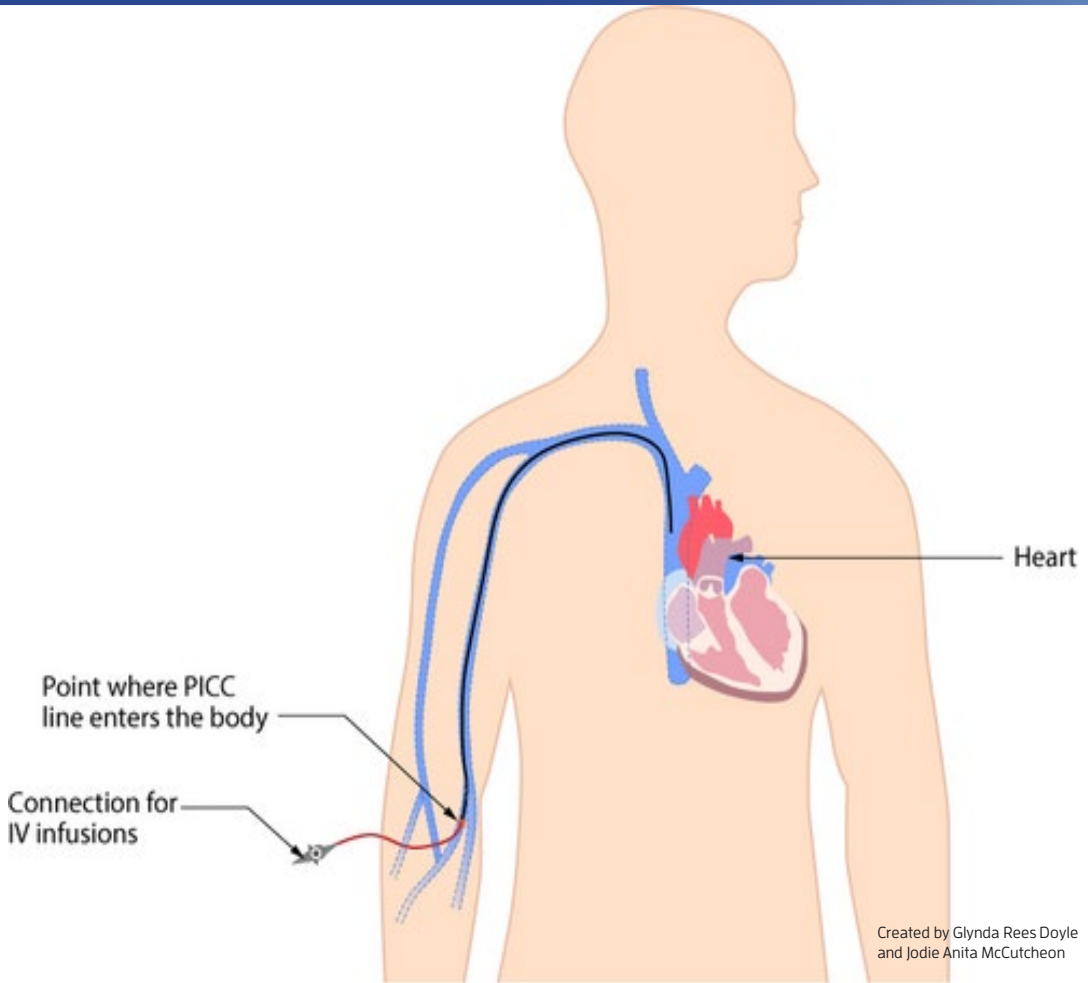


Department of
Nursing

Peripherally Inserted Central Catheter (PICC)



Why Do I Need a Peripherally Inserted Central Catheter (PICC)?

You need long-term access to your veins for these treatments:

- Antibiotics
- Chemotherapy
- Total Parenteral Nutrition
(nutrition administered through the veins)

What is a PICC?

A PICC is a long, thin, soft and flexible tube that goes into your body through a large vein, usually in your upper arm.

The PICC may have a single or double lumen, meaning that it can come in single or double tubes, respectively.



Single Lumen



Double Lumen

How Often Do I Need a Catheter Change?

- Every six months
- When the catheter is blocked or has moved out of place

Where in the Hospital Do I Go for Catheter Insertion?

The catheter will be put in at the Radiology Department. It takes about half an hour or less to complete.

How is the PICC Put In?

To reduce pain when putting in the PICC, you will get a painkiller injection first.

Our healthcare professional will use ultrasound to find the vein in your upper arm before putting in the PICC. After it is put in, an X-ray will be done to check that the tip of the catheter is in the right place.

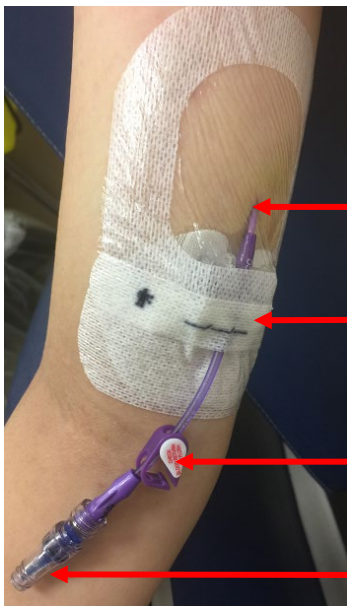
What Else Do I Need to Know About the PICC?

After putting in the PICC, it will be secured in place by a securement device (see Fig.1). A dressing will be placed over the PICC and the securement device (see Fig.2). The end of the PICC is closed with a connector. The securement device, dressing and connector need to be changed every seven days or when needed.



Securement device

Fig.1



Insertion point of PICC

Dressing over the securement device

Clamp
(Keep open at all times)

Connector to PICC

Fig.2

What Can I Expect After the PICC is Put In?

Some bleeding, like staining on the dressing, may happen at the insertion site. You may also feel some pain or discomfort after the insertion. Take the pain medicine your doctor prescribed.

Notify the Nurse Right Away If You Notice Any of These:

- Pain
- Bleeding
- Wet or loose dressing
- Fever higher than 38⁰C
- Yellow discharge or bad smell at the insertion site
- Swelling and pain in your upper arm or shoulder
- Breakage or dislodgment of the tubes in any way
- Pain, burning, aching discomfort, swelling of your chest wall
- Fluid leakage at or around the exit site and along the area under your skin

How is the PICC Removed?

A trained nurse or doctor will remove the catheter for you after your whole duration of treatment.

How to Care for My PICC Line?

Do's

- Wash your hands before touching your PICC
- Keep your PICC dressing dry at all times
- Cover the dressing with a waterproof material and seal the edges before showering
- Tell the nurse if you think that the PICC has moved

Don'ts

- Lift heavy items or do hard activities (e.g. swimming or playing tennis) that will strain your affected arm or cause the PICC to move out of place
- Put the PICC line under water, such as in a bathtub or swimming pool
- Pull on the catheter
- Scratch at or around the insertion site

Do I Need to Stay in the Hospital Until the PICC is Removed?

Not necessarily, as you can take care of the PICC at home. However, you will be scheduled appointments for follow-up at one of these clinics listed below, depending on your condition:

- Outpatient Parenteral Antibiotic Therapy (OPAT) Clinic
- Clinic 4B
- Clinic 5A

Why Do I Need to Visit The Clinic?

- To get your medication as prescribed by the doctor
- For blood tests to check the effectiveness and progress of the treatment
- For weekly change of the PICC securement device, dressing and connector

You May Contact Nurses at Outpatient Parenteral Antibiotic Therapy (OPAT):

During office hours on weekdays 0800 – 1730 hours	6357 2320
After office hours/ weekends/ public holidays 0800 – 1230 hours	9722 6243 OR visit the Emergency Department

Outpatient Parenteral Antibiotic Therapy
(OPAT) Clinic
TTSH Medical Centre, Basement 2

Contact:
6357 2320 (OPAT Clinic)
6357 7000 (General Enquiries)



<https://for.sg/clinic>

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