

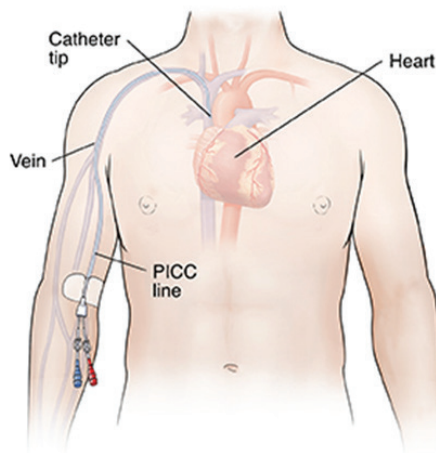
### What is a PICC line?

A PICC is an Intra Venous (IV) polyurethane flexible tube (approximately 50cm long).

The appliance has been placed as a recommendation from your doctor for the administration of medicines' directly into the vein above the elbow, with the other end sitting just above the heart.

You may experience some bleeding, tenderness and bruising for the first and second day after the insertion of the PICC line.

The PICC line site will be covered with a dressing and additional securement to prevent accidental dislodgement.



### Caring for your PICC line

Always wash your hands with soap and water and dry thoroughly prior to touching the PICC or dressing.

#### Physical activity

- There may be some activities that you are not able to do while you have your PICC line in.
- Talk to your doctor or nurse about what activities you can do.

Ki te pīrangī pārongo anō, pātai atu  
ki tō tākuta, ki tō nehī rānei.

For more information please ask  
your doctor or nurse.



Monday – Sunday (including  
public holidays): 8am to 4.30pm



06 869 0505  
06 869 0500 (after hours)



06 869 2098



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www.hauoratairawhiti.org.nz

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## Te Whatu Ora

Health New Zealand

Tairāwhiti

06 869 0500

421 Ormond Road  
Gisborne

# Understanding your PICC Line

Peripherally Inserted Central  
Catheter (PICC)

This brochure provides information  
to help you and your family  
understand and look after your  
PICC line when you are at home.



## Te Whatu Ora

Health New Zealand

Tairāwhiti

### Things to look out for:

- Signs of infection such as redness, pain, pus or discharge
- Signs of tightness and swelling of your upper arm, discomfort, pain, heat or redness of your shoulder, chest, neck or arm
- You notice changes in the length of your PICC line

### Important

Excessive use of the arm your PICC is in can cause the PICC to move up and down irritating the vein wall. If this happens, the area over the upper arm will become red and painful. This is called phlebitis. If this occurs, you will need immediate medical intervention.

### Things to avoid:

- Ensure your PICC is always well secured and protected
- Avoid getting your PICC line wet. Cover it with a plastic bag, plastic wrap or a waterproof sleeve
- Avoid any heavy lifting or reaching above your head
- Do not put anything tight around the PICC arm as this may disrupt the blood flow and cause complications

### Risks associated with a PICC:

- Risk of infection
- Line blockage
- Dislodgement, breakage or splitting of catheter

### Allergic Reactions:

In the event you become acutely unwell and show any of these symptoms:

1. Puffiness in the face and around the eyes
2. Difficulty breathing
3. Chest discomfort
4. Abdominal cramps

### Please do the following:

- Disconnect the elastomeric from the medication bottle (your nurse would have explained how to do this at your initial visit). However if you are uncertain, please ask your nurse to explain
- **Get immediate medical attention by calling 111 for an ambulance**

### What should I report to my District Nurse?

- Pain or redness at the insertion site
- If you become unwell, develop a fever/or chills
- Any signs of redness, pain or swelling in the PICC arm or up into the shoulder or neck

- Itchiness, irritation or blistering underneath the dressing
- The presence of blood or fluid oozing from the insertion site or under the dressing
- If you feel or hear a 'swishing' sound near your ear or behind your nose while your IV is running or when the nurse is flushing the catheter
- If you notice the PICC has been dislodged. Do not attempt to push the PICC back in.

**If you have any concerns notify the district nursing service immediately. Ph: 06 869 0505**

### Home Intravenous (IV) Service

The District Nursing Service will provide special equipment (free of charge) during your treatment.

Please store your equipment in the provided container and keep out of reach of children.

Medications will be supplied (free of charge) by the hospital pharmacy. You will need to store medications in the refrigerator.

Please keep the medications on a separate shelf to any food items.