

## Peripherally Inserted Central Catheter (PICC)

Your doctor has asked for a PICC to be inserted. We have designed this brochure to help you prepare for your procedure.

A PICC is a thin tube (catheter) threaded into a small peripheral vein usually in the upper arm above the elbow. The tip of the tube is positioned in a large ('central') vein in the chest. This means that drugs can be given intravenously through the PICC without the need for repeated needle punctures of the skin. The tube can stay in for several months and is removed when no longer required.

### Preparation

- You will be given instructions by our booking staff regarding the time of your appointment and any necessary preparation.
- You will be admitted to day surgery.
- Please shower on the morning of your procedure before coming to the hospital.
- You are not required to fast prior to this procedure and you should take your normal medications.
- You need to notify us and your referring doctor if you are on blood thinning medications or injections (eg aspirin, warfarin, coumadin, Plavix or Clethane etc.) or if you are taking fish oil or krill oil as these also increase the risk of bleeding.
- You will be changed into a hospital gown.

### Procedure

- You will be taken from day surgery to the radiology department and asked to lie on an x-ray bed.
- A specialist Radiologist performs the procedure assisted by nursing and technical staff. The insertion site is made numb with local anaesthetic and the PICC is inserted through a small nick in the skin.

Ultrasound and x-ray images ensure the PICC is properly positioned.

- The PICC is held in place by a special adhesive device and dressings will be applied.

### Post procedure

- You can usually be discharged from the imaging department.
- Sporting and other strenuous activity should be avoided for at least 5 days after the procedure to allow the area to recover. Your particular circumstances can be discussed with the radiology staff at the time of your procedure.
- Paracetamol should help with any discomfort once the local anaesthetic wears off.
- The dressing should remain in place and clean and dry until the PICC is used.



**If you experience bleeding or excessive bruising/swelling, redness or other evidence of infection please contact our clinic nurses between 8.00am and 6.00pm. Outside these hours please contact your local emergency centre or referring doctor.**