

NIH Clinical Center Patient Education Materials

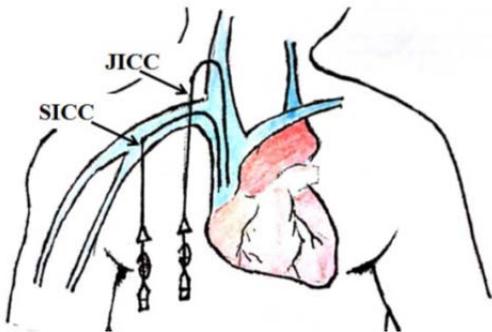
Interventional Radiology and Procedure, Vascular Access, Conscious Sedation Service:

Non-Tunneled Central Catheter

What is a non-tunneled central catheter?

A non-tunneled central catheter is a soft tube a doctor puts into a vein leading to your heart. It is a way to take blood samples or give you fluids, medicines, or nutrients. Depending on your treatment, the catheter may have one, two, or three tubes hanging from the insertion site. These tubes are called “lumens.”

What is a SICC or JICC?

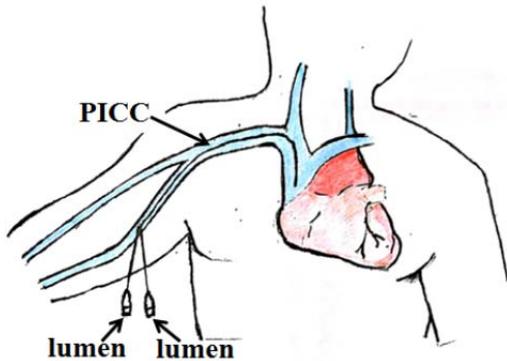


2016, Illustrated by IckHo Kim, R.N.

A **Subclavian Inserted Central Catheter (SICC)** is inserted through your chest into the subclavian vein ending in the large blood vessel just above your heart.

A **Jugular Inserted Central Catheter (JICC)** is inserted through your neck into your jugular vein ending in the large blood vessel just above your heart.

What is a PICC?



Illustrated by IckHo Kim, R.N.

A **Peripherally Inserted Central Catheter (PICC)** is inserted through your arm into a vein ending in the large blood vessel just above your heart.

How will I get a catheter?

A specially-trained doctor or nurse will put the catheter into your body. Your doctor or nurse will:

- Ask you to lie down in a bed or a stretcher
- Find the vein using an ultrasound or fluoroscopy machine
- Wash your skin at the site the catheter will go and put a clean sheet over your whole body
- Give you a shot (injection) in the tissue area over the vein using a very small needle to numb that area so you will not feel the catheter going into your body.
- When the area is numb:
 - If having a SICC or JICC, the doctor will put in the catheter and cover it with a sterile dressing (bandage).
 - If having a PICC, the doctor or nurse will put the catheter in, take an x-ray to make sure the catheter is in the right place, and then cover it with a sterile dressing (bandage).

A nurse will change your dressing within a few days after you get your line. Keep in mind it is normal to bleed a little from the area during the first 24 hours. You may expect some discomfort at the site.

How do I take care of my catheter?

While you are in the hospital, your nurse will take care of your catheter.

- A sterile dressing change will be performed by your nurse once a week and whenever the dressing is wet or not intact.
- Your catheter will be flushed with sterile solution after every use. If it is not being used, it still must be flushed once a week.

Depending on your treatment plan, you may need to flush your catheter yourself. If you do, you will be taught how to care for your catheter. If you are discharged with your catheter, your nurse may sign you up for a class (Line Care Class) to teach you how to take care of your catheter.

When you take this class, you will learn how to:

- Flush your catheter after each use.
- Change caps on the lumens once a week
- Always carry the smooth-edged clamp provided to you in case the catheter breaks.
- Recognize possible problems with your catheter and simple solutions.

Can I keep doing my everyday activities?

You can keep up with most of your everyday activities like going to work or school, exercise, and sexual activity. To keep yourself safe, you will need to make a few changes:

- Exercise:
 - Most exercise is safe, but avoid contact sports (like football or basketball), lifting weights, and swimming.
- Showers and baths:
 - You can take a shower or bath with your line, but you need to:
 - Refrain from shower or bath for the first 24 hours after the line is inserted.
 - Cover your line and dressing with a water-tight cover.
 - Be sure not to let your line or dressing get wet. If it gets wet, call you doctor. You will need to have the dressing changed.
- Other things to remember while you have your catheter:
 - Never use scissors near your catheter.
 - Keep the smooth-edged clamp provided to you with you at all times.

If you are not sure whether an activity is safe, ask your doctor or nurse.

What if I have problems with my catheter?

Some problems are more serious than others. Know what to do in any of the following situations:

1. Call your doctor as soon as you can if:

- Your catheter looks longer than usual.
- One of the lumens cannot be flushed. Never try to force liquid into the lumen.

2. Speak with your doctor right away if:

- **Your catheter leaks or the dressing gets wet when you flush it.** It could be broken. While you wait to talk to your doctor, place your clamp where the catheter enters the skin.
- **The area near your catheter is bleeding.** A small amount of bleeding in the first 24 hours is normal. While you wait to talk to your doctor:

- Do not remove the dressing.
- Apply firm pressure over the dressing with your hand.
- **The area around your catheter gets red, swollen, and/or painful.**
- **You have swelling or a feeling of fullness in your arm, chest, neck, or face on the same side as your catheter.**
- **You have a temperature greater than 100.4 degrees Fahrenheit, or you have chills/shakes or just feel awful like you're getting the flu.**

3. Call 911 for emergency help if you suddenly have shortness of breath, trouble breathing, chest pain, heavy bleeding from your catheter exit site or if it falls out.

While you wait for help after calling 911, you or someone helping you should:

- **If bleeding, apply firm pressure over the site**
- Make sure the clamps on all of the lumens are closed.
- Make sure the caps on the lumens are on tight.
- Lie down on your left side until help arrives.

If you have any other questions about your catheter:

- Call the VAD Consult Service at 301-451-0336, Monday through Friday, 6:00 a.m. to 6:00 p.m.
- Outside of these times, you can page a VAD nurse by calling the NIH page operator at 301-496-1211. Ask the operator to contact the on-call VAD nurse for you.

Information about my catheter:

Insertion Date:	_____				
Catheter Type:	<input type="checkbox"/> PICC	<input type="checkbox"/> SICC	<input type="checkbox"/> JICC	<input type="checkbox"/> Valved	<input type="checkbox"/> Non-valved
Insertion Site:	Left	Right			
	Basilic Vein (arm)	Brachial Vein (arm)	Cephalic Vein (arm)		
	Subclavian (chest)	Jugular (neck)			
Size/ Gauge:	4 French	5 French	6 French	7French	
Power Injectable:	Yes	No			
Lumens:	Single	Double	Triple		
External Length:	_____				
Total Length:	_____				