

# Arrow Catheter Care

You need to take good care of your catheter or line. Without the right care, you may get an infection or have other problems. Please read this handout for steps on how to take care of your line. When you are ready to go home, ask your health care provider who to call if you have questions or concerns about your line.

## Type of Line: Arrow

### Things to Remember

- Always clean your catheter in a clean, dry place away from foods, drafts, children or animals.
- Do not care for your line in the bathroom.
- Use alcohol or an antibacterial wipe to clean the place you will put your supplies.
- Remove any jewelry.
- Wash your hands for 2 minutes with a liquid antibacterial soap in a pump dispenser.
- Use a paper towel to dry hands and turn off the water.
- Disinfectant caps (green caps) - There may be a green cap on the end of each of your lines (lumens). These caps are one-time-use only. When you get ready to use your line, remove the green cap. When you are finished with your line, get a new green cap and screw onto the end of the line. If you do not go home with additional green caps, do not re-use an old one. Your line is safe without the green cap on the end.



### Supplies you will need:

- CVL Dressing Change Kit - *(5 or enough to last until your next clinic visit)*
- Pre-filled Heparin Syringes
- 1 box of alcohol pads
- Masks (optional)
- Caps for changing caps on lumens
- Pre-filled Saline Syringes
- Sterile gloves (optional)
- Disinfectant caps (optional)

*This information was created and reviewed through a partnership with the UAMS Patient and Family Advisory Councils and the UAMS Center for Health Literacy.*

## Flushing the Catheter

*The catheter should be flushed every 24 hours and after each use.*

1. Remove 3 saline and 3 heparin syringes from their packages. You will need 1 saline syringe and 1 heparin syringe for each lumen.
2. Pick up saline syringe. Tap the syringe to remove any bubbles. Leave the cap on and push up on the plunger. Then remove the cap and push the plunger up further to remove all air.
3. Push plunger up until a drop of fluid comes out the top of the syringe. **Do not lay down an uncapped syringe.**
4. Open alcohol pad, pick up lumen and scrub with alcohol for 15 seconds.
5. Attach saline syringe to lumen by pushing and twisting the syringe clockwise onto the cap.
6. Open clamp and infuse 10 ml of saline (use the whole syringe). **Close clamp and remove syringe.**
7. Pick up heparin syringe. Remove the air as instructed above. Scrub cap with alcohol for 15 seconds and attach syringe. Open clamp and infuse 1 ml of heparin. Close clamp, remove the syringe and then discard it. You cannot re-use the syringe.
8. Repeat steps 2 – 7 for the additional two lumens.

**Note:** ■ *If you can't flush the catheter, do not force the fluid through the cap. Instead, reclamp, then remove the syringe and call your health care provider.*

- *If you forget to close the clamp before removing the heparin syringe from the line, open a new saline and heparin syringe and re-flush the line. Remember to close the clamp before removing the syringe.*

## Dressing Change

*Clear dressings* must be changed every 7 days or as needed.

*Covaderm dressings* must be changed every 48 hours.

*Gauze dressings* must be changed daily.

**Note:** *Change any dressing that is loose, wet, or soiled. DO NOT use scissors to remove old dressing.*

### How to Maintain a Sterile Field

1. Place only sterile items within the sterile field.
2. Areas outside the drape are considered non-sterile.
3. Remember the 2 inch margin.
4. Open and dispense items onto the sterile field without contaminating them.
5. Do not allow unsterile hands to reach across the sterile field or touch sterile items.
6. When in doubt about whether something is sterile, consider it not sterile.

Use alcohol to clean the surface area where supplies will be placed.

1. Gather your supplies:
  - CVL Dressing Kit
  - Trash can
2. Wash hands with a liquid antibacterial soap.
3. To remove the old dressing:
  - Loosen outer edges of the dressing. (Be sure patient turns head away from insertion site.)
  - Hold the 3 lines with one hand while peeling dressing toward the insertion site to remove.
  - Throw away the dirty dressing.
  - Wash hands **again** with liquid antibacterial soap.

**Note: DO NOT touch the catheter site with your hands.**

4. Open the dressing kit. Touch only the outer corners of the kit. Do not touch the contents with your hands.
5. Remove the mask and sterile glove packet without touching the contents of the kit.
6. Open sterile drape touching only the edges. Holding onto the outer edges of the drape carefully place the drape on the table. Pick up the remaining dressing change kit and drop the contents onto the center of the sterile drape without touching the drape.
7. Lay sterile glove packet on the table with the cuff end facing you (do not lay the gloves on the sterile drape). Open the glove packet and put on the sterile gloves. Do not contaminate the gloves. Remember, “sterile touches sterile.”
8. Pick up the Chloraprep applicator. Pinch the wings on the applicator to release the antiseptic. Do not touch the sponge with your fingers. Press the sponge against the treatment area to release the antiseptic.
9. Clean the area with the Chloraprep by using up and down and back and forth strokes. Clean the area for 30 seconds. Allow to air dry for 30 seconds. It may take longer than 30 seconds for the area to dry. Do not blot or wipe the area for any reason after the Chloraprep has been applied. It is vital that the cleansed area be dry before continuing to the next step.
10. Open the medicated foam disk package and place the disk (printed side up) around the insertion site of the catheter using the slit to fully surround the catheter. The arrows on the disk should be pointing toward the stitches.



## Dressing Application

1. Pick up the dressing. Remove paper backing.
2. Lay the dressing with the dressing centered over the insertion site and stitches. Gently press the dressing in place.
3. Remove gloves.
4. Place one piece of tape under the lumens/lines catching the bottom edge of the dressing.
5. Place another piece of tape over the lumens/lines on top of other piece of tape.
6. Write the date on the edge of the dressing.
7. Wash your hands.

## Changing the Injection Cap/IV Connector

**Change the IV connector once a week or more often as needed.**

1. Clean surface area with alcohol.
2. Wash hands with a liquid antibacterial soap.
3. Make sure the catheter is clamped.
4. Open new connectors and leave in package.
5. Remove the old connector and hold the catheter so the end does not touch anything.
6. Pick up the new connector and take off the protective tip.
7. Screw the new connector into place.



## Call your healthcare provider if you notice any of the following:

- Redness or swelling
- Drainage
- Pain or tenderness
- Fever over 101 degrees
- Leaking at insertion site or anywhere along the catheter
- Cannot flush the catheter
- Broken stitch
- Pain or swelling in the neck, arm, ear or insertion site

Clinic Phone Number: \_\_\_\_\_

## Showering

The dressing over your line is not waterproof. To take a shower, cover the dressing and all lumens with a water proof covering such as plastic wrap, a plastic baggie or any commercial product made for that use. Tape the edges of the covering with water proof tape. Try not to allow water to fall directly on your line even though it is covered. After showering, completely dry the covering and then remove.

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# SASH for PICC, Triple Lumen Cooks and Arrows

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**Supplies:**

- Two (2) pre-filled saline (Sodium Chloride) syringes
- One (1) pre-filled heparin syringe
- Alcohol wipes
- Infusor/Intermate

**SASH:**

- S– Saline (10 ml)
- A– A Medication or Antibiotic
- S– Saline (10 ml)
- H– Heparin (1 ml)

**How to connect antibiotics:**

1. Gather supplies and wash your hands.
2. Pick up saline syringe. Tap the syringe to remove any bubbles. Leave the cap on and push up on the plunger. Then remove the cap and push the plunger up further to remove all air. Push plunger up until a drop of fluid comes out the top of the syringe. **Do not lay down an uncapped syringe.**
3. Open alcohol pad, pick up lumen and scrub with alcohol for 15 seconds.
4. Attach the syringe, open clamp and flush your IV catheter with 10 ml of saline. Close clamp and remove syringe.
5. Pick up medication and unwind tubing. Scrub cap with alcohol pad, remove cap from medication and attach medication. Open the clamps on the catheter **and** the medication. The medication is now infusing.
6. The medication is finished when the balloon (or bag) is flat. Close the clamps on the medication and catheter. Remove the medication.
7. Pick up saline syringe. Remove air from syringe as instructed above. Open alcohol pad, pick up lumen and scrub with alcohol. Attach the syringe, open clamp and flush your IV catheter with 10 ml of saline. Close clamp and remove syringe.
8. Pick up heparin syringe. Remove air from syringe as instructed above. Open alcohol pad, pick up lumen and scrub with alcohol. Attach the syringe, open clamp and flush your IV catheter with 1 ml of heparin. Close clamp, remove the syringe and then discard it. You cannot re-use the syringe.

- Note:**
- *If you can't flush the catheter, do not force the fluid through the cap. Instead, re-clamp, then remove the syringe and call your health care provider.*
  - *If you forget to close the clamp before removing the heparin syringe from the line, open a new heparin syringe and re-flush the line. Remember to close the clamp before removing the syringe.*