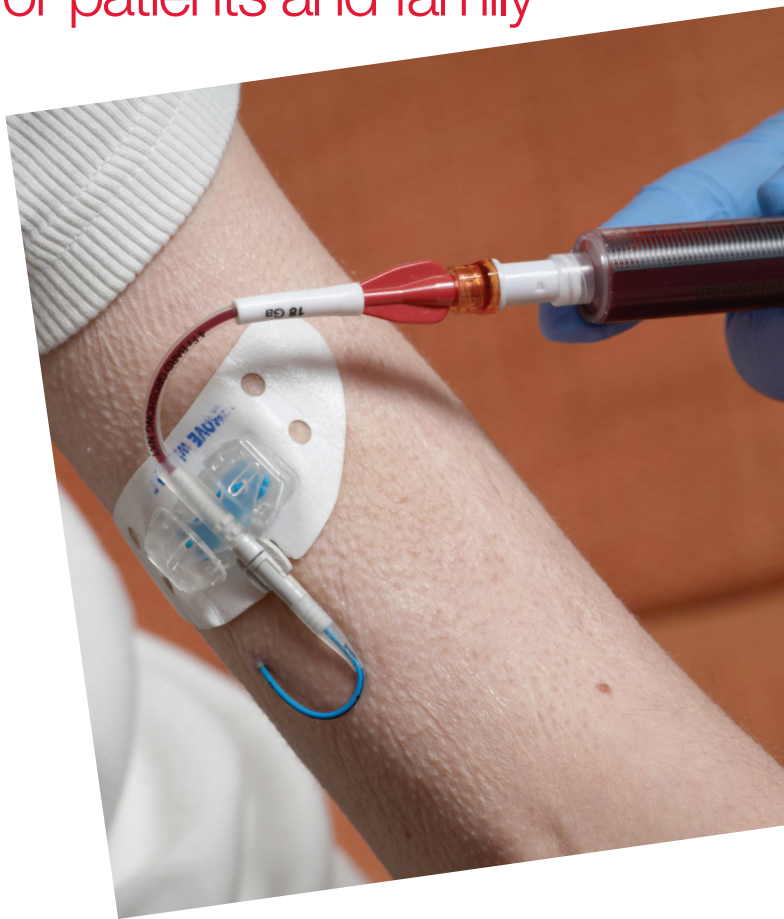


# Care of your Peripherally-Inserted Central Catheter (PICC)

A guide for patients and family



# What is PICC?

The Peripherally Inserted Central Catheter (PICC) is a thin flexible tube that is inserted into a vein in your arm. It is then threaded so that the tip lies in one of the large vein in your chest. This type of line can be left in position for long periods of time and allows antibiotics to be administered easily.

# What is the purpose of having PICC?

The PICC can be used:

- To give fluids, antibiotic and other drugs directly into the bloodstream.
- For taking blood samples without using a needle.

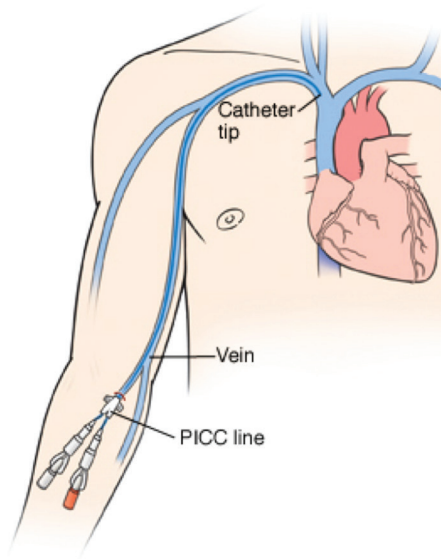
PICC is ideal for patients with small veins that are difficult to find or access.

# How is the PICC inserted?

The PICC will be inserted by a radiologist. It will require you to lie down during the procedure. A local anaesthetic will be applied to the surrounding skin to lessen pain. The procedure takes approximately 40 minutes to an hour to complete.

After the PICC is inserted, a chest X-ray will be taken to check that the catheter is placed in the correct position.

The PICC will be held in place with sutures and covered with a waterproof dressing.



## **Things to note**

The following complications may occur:

- Bruising near the insertion site.
  - Please monitor to make sure it does not worsen.
- Tenderness and swelling at insertion site.
  - You can do light arm exercises and apply warm compresses for 20 minutes, four times a day.
  - You may also take painkillers like paracetamol to relieve pain. Please ensure you are not allergic to the painkiller you are taking.
- Dislodgement of the line with vigorous movement. Infection at the insertion site or in your blood.

## **Home care**

- Avoid moving your arm vigorously.
- Cover the PICC connector and your dressing with a plastic sheet when you shower.
- Do not lift weights.
- Do not soak/submerge your dressing in water.
- Do not swim.

Please keep your dressing clean and intact at all times to prevent infection.

Change your PICC dressing once a week or when required. Flushing of the PICC is required at least once a week.

### **What to do in an emergency**

If your PICC is dislodged:

- Press the site hard with your fingers for about 10 minutes to stop the bleeding.
- Apply a plaster after the bleeding has stopped.
- Bring the PICC to our clinic or the Emergency Department.

Contact your nurse/doctor immediately should the following occur:

- A high fever of more than 38°C.
- PICC insertion site is red or swollen.
- PICC is dislodged by accident.
- Infuser line is disconnected from the PICC line.
- Leaking of blood or fluid from the PICC.

Please contact us at 9780 1412  
(Monday to Sunday) should you require  
assistance or further information.



## For more information

### Ng Teng Fong General Hospital and Jurong Community Hospital

1 Jurong East St 21, Singapore 609606

[www.ntfgh.com.sg](http://www.ntfgh.com.sg) | [www.jch.com.sg](http://www.jch.com.sg)

### Clinic opening hours

Monday – Friday: 8.30am – 5.30pm

Saturday: 8.30am – 12.30pm (Selected clinics only\*)

Dental Clinic: Monday – Thursday: 8.00am – 5.30pm, Friday: 8.00am – 5.00pm

*\*Please refer to our websites for more details.*

### General enquiries & appointments

General enquiries line: 6908 2222 (24-hr)

Fax: 6716 5500 | Email: [contactus@nuhs.edu.sg](mailto:contactus@nuhs.edu.sg)

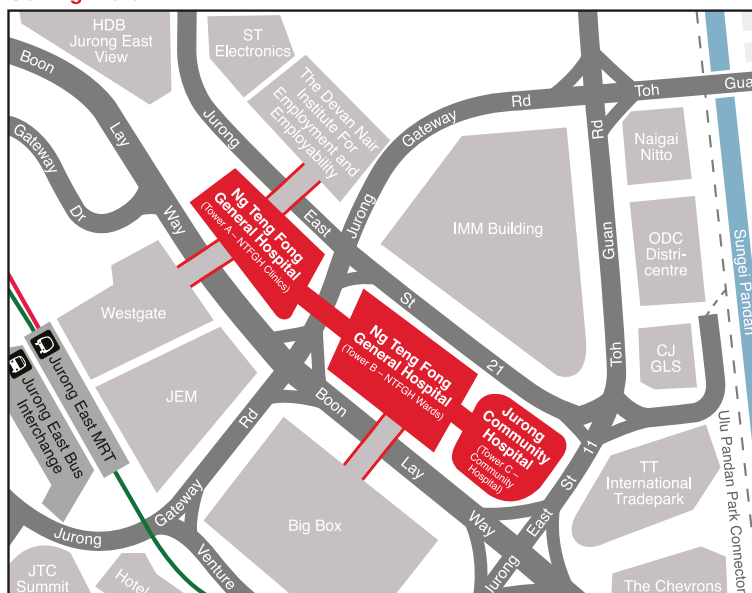
Appointment line: 6908 2222 (Monday – Friday: 8.00am – 5.30pm, Saturday: 8.00am – 12.30pm)

Fax: 6716 2200 | Email: [appointment@nuhs.edu.sg](mailto:appointment@nuhs.edu.sg)

Dental appointment line: 6716 2233 (Monday – Friday: 8.00am – 5.30pm)

Fax: 6716 2200 | Email: [JHCampus\\_Dental@nuhs.edu.sg](mailto:JHCampus_Dental@nuhs.edu.sg)

## Getting there



### By train

Alight at Jurong East MRT Station

### By bus

#### Jurong East Bus Interchange

41, 49, 51, 52, 66, 66B, 78, 78A, 79, 79A, 97, 97E, 98, 98M, 105, 143, 143M, 160, 160A, 160M, 183, 183B, 197, 333, 334, 335, 506

#### Along Boon Lay Way

49, 99, 333, Private bus service 625, 990

### Disclaimer:

The information in this brochure is meant for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek your doctor's advice before starting any treatment or if you have any questions related to your health, physical fitness or medical condition. Information is accurate at the time of printing.