Client:	*Date:*
Clinician:	

Home Care
- Shower as needed. Cover the insertion site with plastic wrap to keep the site dry.
- Don't swim, bathe, or do other activities that cause water to cover the insertion site.
- Change the dressing over the site as directed by your doctor. You, a family member, or a nurse may perform the dressing change.
- Learn sterile dressing technique if you plan to change the dressing yourself.
- Always wash your hands before and after any contact with any part of your central venous catheter.

Flushing Your Central Venous Catheter
1. Gather Your Supplies
   o Saline flush:
      ▪ 25-gauge needle and 10 ml syringe
      ▪ 10 ml bottle of saline
      ▪ 3 antiseptic swab sticks
      ▪ 3 alcohol pads
   o Heparin Flush (if needed)
      ▪ Heparin in the amount prescribed
      ▪ 25-gauge needle and 10 ml syringe
      ▪ 3 antiseptic swab sticks
      ▪ 3 alcohol pads
   o Plastic bag
   o Puncture-proof container to dispose of used needle and syringe (large glass jar that has a lid)

2. Wash Your Hands
   o Wash your hands before touching any of your supplies.
   o Once you have washed your hands, don't touch anything other than your supplies. You must wash your hands again if you touch anything else.

3. Prepare the Syringe(s)
   o Wipe the rubber top of the saline vial with an alcohol pad.
   o Attach the needle to the syringe, being careful not to touch the bottom-opening hub of the needle or tip of the syringe.
   o Remove the needle cap.
   o Fill the syringe with 10 ml of air for the saline flush.

IMPORTANT NOTICE

Contact the on-call nurse if you are experiencing any change in your current health condition.
For ALL emergencies requiring IMMEDIATE medical attention, call 911.

- If you are also using heparin, get a second syringe.
    - Fill the second syringe with air equal to the amount of heparin prescribed for your flush.
- Stick the needle into the rubber top of the saline vial. Push air into the vial.
- With the needle still in the vial, turn the vial upside down.
- Pull back on the plunger to withdraw 10 ml of saline. Be sure to keep the needle below the fluid level.
- Check for air bubbles. Hold the syringe straight up and tap the barrel of the syringe with your knuckles. The bubbles should go to the top of the syringe.
- Push out any air and extra fluid. The end of the plunger should be on the line next to the number 10 (ml) for saline.
- Take the needle out of the vial.
- If also using heparin, repeat the above process using the second syringe and filling it with the prescribed amount of heparin. Be sure to check for air bubbles.
- Put the cap back on the needle and put the syringe down.

4. Flush the Catheter
    - Clean the injection cap on your catheter with the 3 antiseptic swab sticks. Let it dry completely. Follow with the 3 alcohol swabs. Again, let it dry completely.
    - Take the cap off the needle.
    - Unclamp the tubing above the injection cap if there is a clamp.
    - Push the needle straight into the port on the injection cap of the catheter.
    - Push the plunger slowly so that the saline goes into the port.
    - Repeat the process for each port. You may have as many as three ports.
    - Be sure to reclamp the tubing if a clamp is present.
    - Repeat the above steps if you need to flush with heparin.
    - After flushing the catheter:
        - Don't recap the needle.
        - Throw the needle and syringe away in your puncture-proof container. When the container is full, take it back to your healthcare facility for correct biohazard disposal.
        - Discard any other materials in the plastic bag and dispose in the trash

When to Call Your Nurse or Doctor
- Nausea or vomiting
- Weakness or shakiness
- Fainting or feeling faint
- Fever of 100.4°F or higher, or chills
- Redness, swelling, or warmth at the catheter insertion site
- Drainage or pus from the insertion site
- Shortness of breath or any chest pain

Adapted from Krames On-Line

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