



Call your healthcare provider or go to your nearest Emergency Department if you have any of the following:

- You passed out (lost consciousness).
- You have severe trouble breathing.
- You have sudden chest pain and shortness of breath, or you cough up blood.
- You have a fast or uneven pulse

If you have signs of infection, such as:

- Increased pain, swelling, warmth, or redness.
- Red streaks leading from the area.
- Pus or blood draining from the area.
- A fever.

For 24 hour professional health advice and information, call:



What is a PICC?

PICC stands for Peripherally Inserted Central Catheter. It is a long, thin, hollow, soft tube that is put into a vein in your arm and moved through the vein until it reaches a large blood vessel near your heart. Your PICC line can be used to give you medications, fluids or nutrition.

How do I take care of my PICC?

It is important to take care of your PICC to keep it working correctly and prevent problems from happening. The following are ways to take care of your PICC:

- Keep your PICC and bandage clean and dry.
- Cover your PICC and bandage with plastic wrap and tape when showering to prevent it from getting wet.
- Do not take baths, go in hot tubs, or go swimming.
- Do not wear shirts that are tight around the arms.
- Do not carry, lift, or pull anything heavier than 4.5 kg (10 pounds).
- Do not do activities or exercises that require you to move your arms a lot.
- Do not play sports or go running.
- Avoid tugging or pulling at your PICC.
- Be very careful around small children and pets as they could pull on your PICC.
- Do not cut things near your PICC.

Who changes my PICC bandage?

In the hospital, your care team will look at your PICC bandage every day. Your bandage will be changed once a week, or sooner, if it has become loose, wet, or dirty.

When you are at home, your home care nurse or treatment centre nurse will change your bandage. Check with your care provider to make sure this care has been arranged.

When should I call my nurse?

- Your bandage gets wet, loose, or dirty.
- There is bleeding, redness, swelling, or pain in the arm where your PICC is placed.
- Liquid leaks from where your PICC is placed.
- Your PICC slips out, tears, or breaks.

