

Tunneled Catheter/PICC Placement Discharge Instructions

What are my Care Instructions?

You received local anesthesia during your catheter placement. As the anesthesia wears off, you may feel some pain and discomfort from your procedure. The site where your catheter was placed may be sore, bruised, minimally swelling or slightly bleeding. If you have pain, don't be afraid to say so. Pain medicine works better if you take it before the pain gets bad.

Follow-up care is the key part of your treatment and safety. Be sure to make and go to all appointments, and call your doctor if you are having problems.

How will I care for myself at home?

Activity

- You may start taking showers again 48 hours after your procedure.
- Avoid heavy lifting and physical activity for 2 days after your procedure.
- Never immerse your catheter in water, no swimming, hot tubs or tub baths.

Diet

- You can eat your normal diet. If your stomach is upset, try bland, low-fat foods like plain rice, toast and yogurt
- Drink plenty of fluids (unless your doctor tells you not to).

Medications

- You can take your normal prescription medicines as your doctor has instructed you to do.
- If you are not taking a prescription pain medicine, ask your doctor if you can take an over-the-counter medicine for your pain.

Special Instructions

- Tunneled intravenous catheters require special care after insertion. This care will be taught either in your clinic or by a home health care nurse. The doctor who ordered your catheter placement will arrange for this care.
- Some tunneled catheters and PICCs are Power Catheters/PICCs to be used in CT or MRI for power injection of contrast media. You will receive separate information and teaching if your catheter is power injectable.

When should I call for help?

- Call 911 anytime if you have any of the following signs and symptoms:
 - shortness of breath
 - chest pains
 - Loss of consciousness - (if you passed out or fainted)

Call 911 anytime you think you need emergency care.

- Call the Radiology Nursing Station at 734-936-4515 between 8am and 5pm Monday through Friday, if you have any of the following signs and symptoms:
 - Fever (greater than 100.6°F)
 - The cuff of the catheter is outside of the skin
 - Tingling, numbness or cold sensation of your fingers
 - Redness, swelling, red streaking or pain at IV site or port site
 - Active bleeding
 - Concerns related to the catheter
- After hours you can call the Radiology Superchief at 734-936-6267, pager 1800.

Disclaimer: This document contains information and/or instructional materials developed by the University of Michigan Health System (UMHS) for the typical patient with your condition.

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