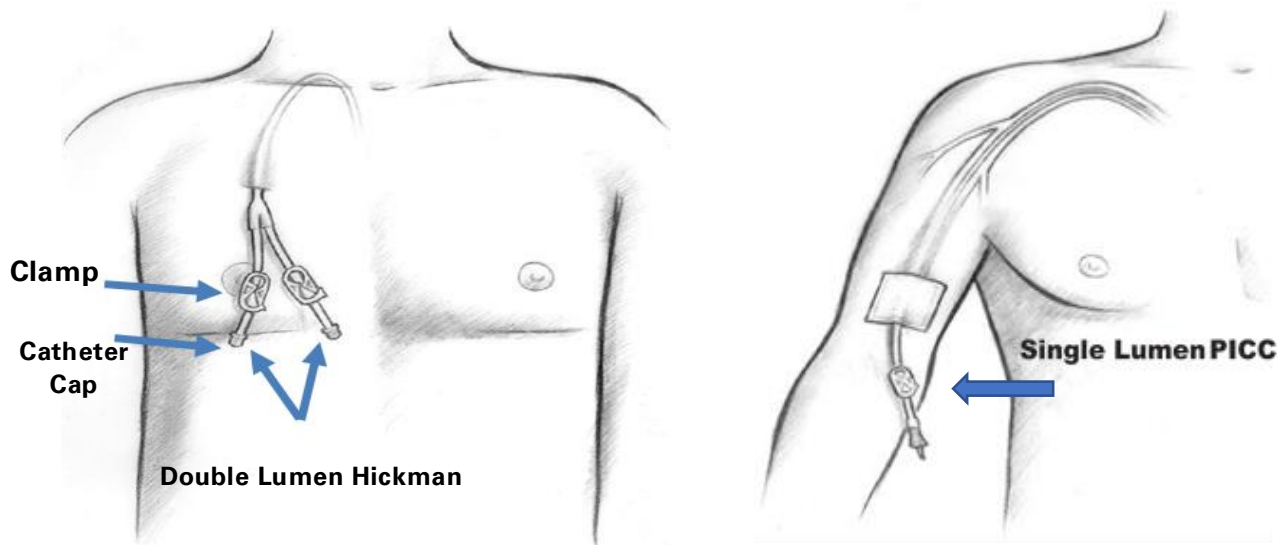




Each lumen (line) of your Central Line Catheter needs to be flushed once a day with a 0.9% saline flush to keep the line working properly. These same steps can be used for either a PICC line or a Hickman Line. You can choose whether or not to wear gloves, but washing your hands **BEFORE** flushing is a must!



To flush your catheter, follow these steps:

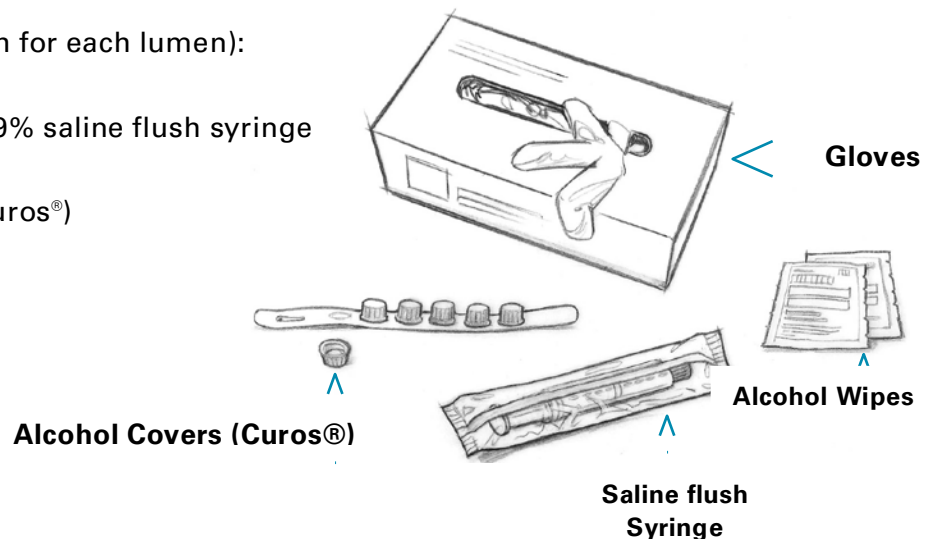
Step 1

Clean your work table with a disinfectant wipe or soap and water. Allow the area to dry.

Step 2

Gather your supplies (enough for each lumen):

- Alcohol wipes
- Prefilled 10mL 0.9% saline flush syringe
- Gloves – optional
- Alcohol cover (Curos®)



FLUSHING YOUR CENTRAL LINE CATHETER

Step 3

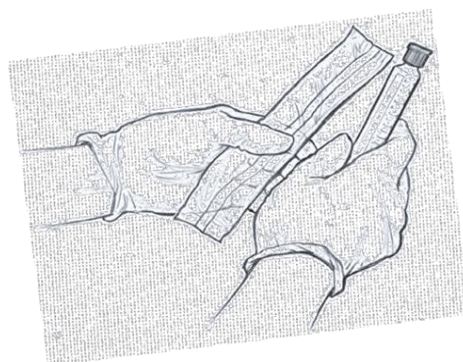
- Wash your hands well with soap and water.
- Dry your hands with a clean paper towel.
- You may also use an alcohol-based hand sanitizer.

Step 4

- If you have been taught to, or want to, use gloves, put on clean gloves now.
- If you have a caregiver helping you, they need to wash their hands and wear gloves.

Step 5

Remove the saline flush syringe from the package.



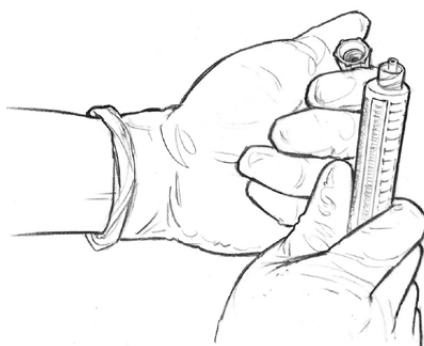
Step 6

- Hold the syringe straight up in the air with the plunger pointing to the floor.
- Tap the syringe so that any air bubbles rise to the top.



Step 7

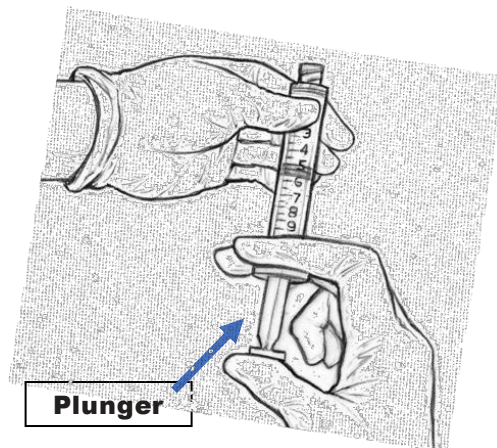
Take off the syringe cap.



FLUSHING YOUR CENTRAL LINE CATHETER

Step 8

- Push the plunger to the 10mL mark. This will remove any air and extra saline from the syringe. Some saline may drip out. This is okay.
- Hold the syringe upright. **Do not let the tip of the syringe touch anything!**



Step 9 - A

If you have an alcohol cover over your catheter cap:

- Remove the alcohol cover only, and discard. Do not reuse alcohol covers.
- Leave the catheter cap in place.
- Do **NOT** let the end of the catheter cap touch anything, including your body.
- Go to step 9 - B



Step 9 - B

Once the alcohol cover is removed, or if you do NOT have an alcohol cover over your catheter cap:

- Open the alcohol wipe.
- Scrub the catheter cap with the alcohol wipe for at least 10 seconds.
- Let it air dry completely. Do **NOT** fan the cap to make it dry faster.
- Do **NOT** let the end of the catheter cap touch anything, including your body, after it has been cleaned with alcohol. If the end of the cap accidentally touches anything, get a new alcohol wipe and scrub again for at least 10 seconds.



FLUSHING YOUR CENTRAL LINE CATHETER

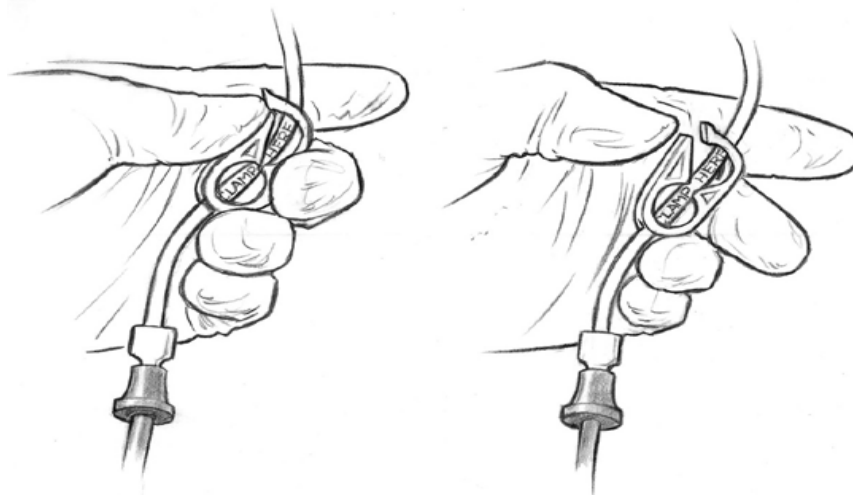
Step 10

- Hold the catheter cap.
- Push in and screw the flush syringe onto the end of the catheter cap by turning clockwise.



Step 11

Open the clamp on the catheter.



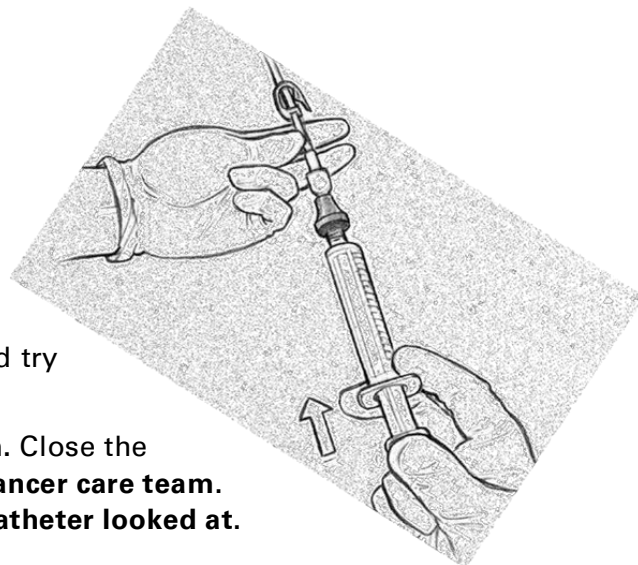
Step 12

Flush the line with the saline using a “push-pause” or “pulsatile” method.

- Firmly push 1mL of saline, then pause briefly (about 1 second).
- Continue to push 1mL, then pause, until the line is flushed with all 10mLs.

If it is hard to push the flush, check to make sure the clamp is open. If it was clamped, open the clamp, and try to push the flush again.

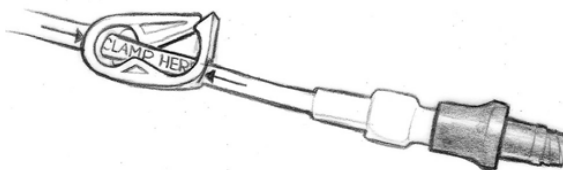
If it is still hard to push, STOP. Do not force the flush. Close the clamp. Unscrew and remove the syringe. **Call your cancer care team.** You may need to come into the clinic to have your catheter looked at.



FLUSHING YOUR CENTRAL LINE CATHETER

Step 13

- Be sure that the clamp is over the wording “**clamp here.**” This is a thicker area of the catheter that can handle the pressure of the clamp. You should move the clamp slightly up or down, or to the side, to make sure you’re not always clamping in the same spot.



- While keeping pressure on the plunger of the syringe, close the clamp on the catheter. You should hear a click.

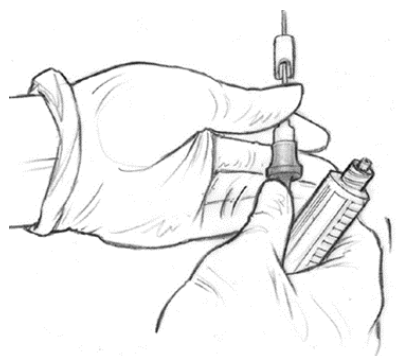


Step 14

- Hold the catheter cap tightly and unscrew the syringe from the catheter cap by turning counter-clockwise.
- Be careful not to loosen the catheter cap from the catheter.

Step 15

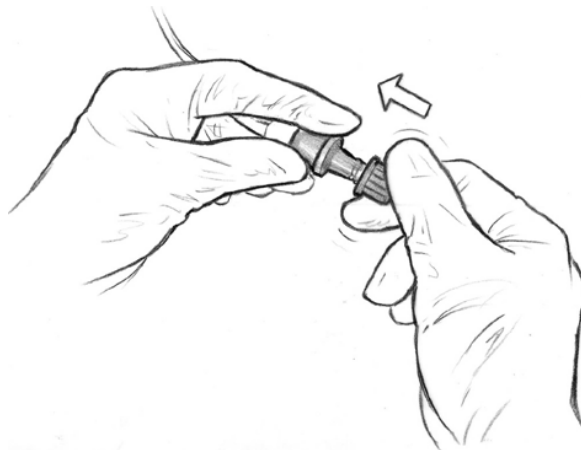
- **Important! Always check that the catheter cap is on tightly!**



FLUSHING YOUR CENTRAL LINE CATHETER

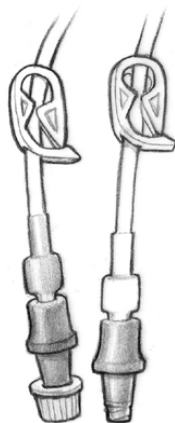
Step 16

If you had an alcohol cover, put a new alcohol cover (Curoc®) onto the catheter cap.



Step 17

If you have multiple lumens, flush all the other lumens of the catheter now by doing Steps 1 through 16 again.



Step 18

After you flush all of your lumens, throw your supplies away.

Remember:

- **If it is hard to push the flush**, check to make sure the clamp is open. If it was clamped, open the clamp, and try **Step 12** again.
- **If it is still hard to push, STOP. Do not force the flush.** Close the clamp. Unscrew and remove the syringe.
- **Call your cancer care team or Oncology Nurse Navigator. You may need to come into the clinic to have your catheter looked at.**

The above information contains some, but not necessarily all, of the information that you may need to care for your central line. Please speak with your doctor or nurse if you have questions or issues you may experience. This document should not take the place of conversations with members of your health care team about your treatment and effects you may experience during and after the use of a central line. If you experience any significant change in your health during or after treatment, contact a member of your cancer care team right away.