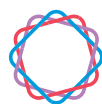




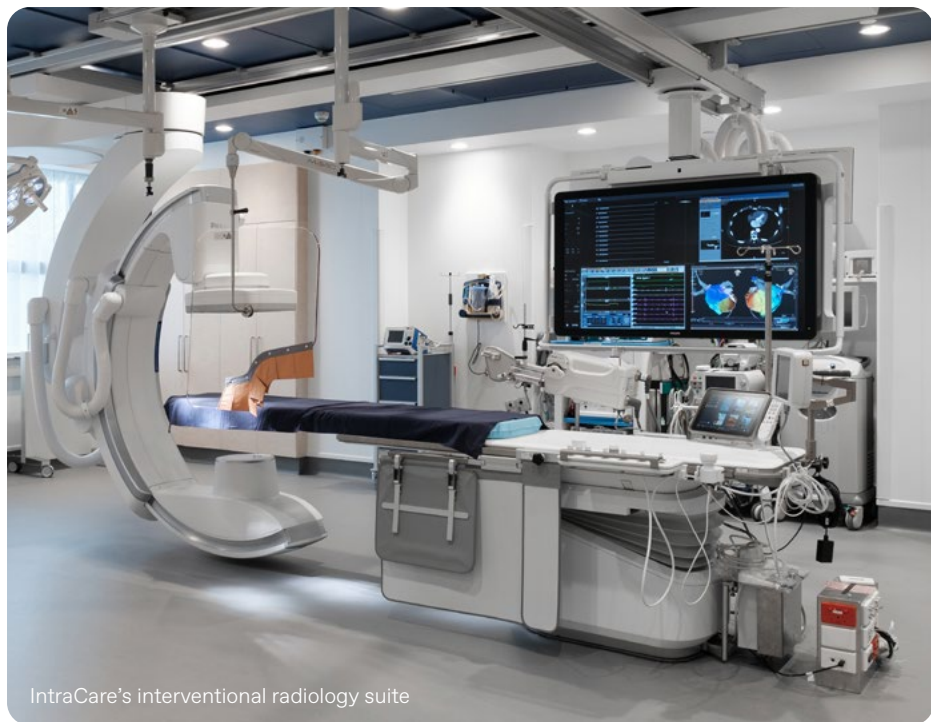
YOUR GUIDE TO

Peripherally Inserted Central Catheter (PICC)



IntraCare

Interventional
Radiology



IntraCare's interventional radiology suite

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About this procedure

This guide provides information about a Peripherally Inserted Central Catheter (PICC) procedure. It includes details about what is involved, how to prepare and what to expect during and after the procedure. Please use this in addition to information from your doctor and nurse.

A PICC insertion is performed in an interventional radiology suite at IntraCare in Epsom. Your interventional radiologist will be assisted by our team of nurses and other highly skilled personnel.

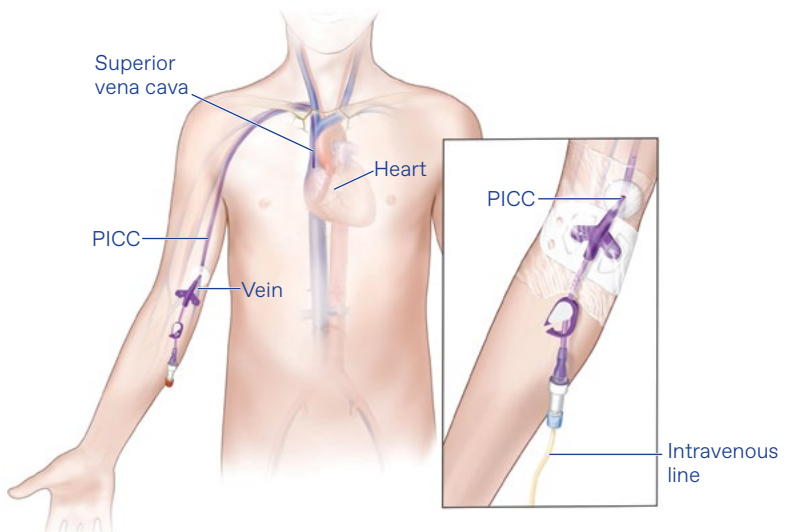
What is a PICC procedure

A PICC is a long, thin tube (catheter) that is inserted through a vein near your elbow and passed through to the largest veins near the heart. A PICC line requires careful care and monitoring, including signs of infection and blood clots.

Why a PICC is required?

PICC can be used for taking blood samples, nutritional feeding, long term IV medications, or chemotherapy.

Peripherally Inserted Central Catheter (PICC)



Before your procedure

Pre procedure phone call

A nurse from IntraCare will call you 24–48 hours prior to your procedure to discuss the following information:

- Your admission time.
- Medication instructions.
- Allergies (including medications, contrast dye, dressings/plasters and food).
- Answer any further questions.

Fasting Instructions

To ensure your safety during the procedure, it is important that you follow the fasting guidelines below:

Food – **Stop 6 hours prior** to procedure. Do not consume any of the following within 6 hours of your planned procedure time:

- Solid food
- Milk-based products
- Soluble fibre
- Jelly

Fluids – Clear (transparent) fluids are encouraged up to **2 hours before** your planned procedure time. These include:

- Water
- Clear juices
- Cordials
- Black tea or coffee

Avoid fluids containing milk, pulp, or jelly.

Sip-Til-Send (STS) Protocol*

- Unless advised otherwise, you can sip up to **200ml of water per hour** in the 2 hours before your planned procedure time.

* Your nurse will confirm during your pre-procedure phone call whether this protocol is suitable for you.

Anticoagulation (blood thinner)

If you are taking any blood thinners (e.g. Warfarin, Clexane, Pradaxa, Rivaroxaban), please make this known to IntraCare staff at the time of booking. Your interventional radiologist will advise you if you need to stop this medication temporarily for a few days before the procedure.

Other regular medications

Please continue to take these unless advised otherwise by your interventional radiologist or surgeon. If you are taking a diuretic or water pills (e.g. frusemide, spironolactone), you may need to withhold this on the morning of the procedure. It is important that you let us know if you are taking the following medications: Liraglutide (Victoza™, Saxenda™) Dulaglutide (Trulicity™), Semaglutide (Ozempic™, Wegovy™), Tirzepatide (Mounjaro™).

Reminders for the day of your procedure

- If you are on regular medication, please bring this with you in its original packaging.
- Please leave all your jewellery and valuables at home. You are welcome to bring your mobile phone in with you.
- We recommend wearing loose-fitting clothing and shoes that are easy to slip on/off.
- You are encouraged to bring a friend or a family member as a support person before and after your procedure.
- The planned procedure time is an estimate only and may vary. We will keep you informed of any unexpected delays on the day.

Informed consent

As with any procedure, there are potential risks involved. Your interventional radiologist will explain the procedure, discuss possible risks and answer any questions you may have. Your whānau or support person are welcome to be part of this discussion. You will then be asked to sign the consent form. This will occur either at an earlier appointment, or on the day of your procedure.

Your procedure

A PICC insertion procedure usually takes 45–60 minutes.

Preparation

If necessary, we may need to remove hair with clippers at the access site for sterile preparation. Please avoid shaving the area yourself as this may cause minor abrasions to the skin, increasing the risk of infection.

The procedure

The area around the vein in your arm will be painted with an antiseptic solution, and a sterile drape will then be placed over your body, to ensure sterility is maintained. Local anaesthetic will be injected around the vein which will sting for approximately 30 seconds, but after this, you should not feel any pain. If at any time you feel pain, or discomfort, please inform the doctor immediately, and more local anaesthetic can be given.

Using ultrasound guidance, the best vein in your upper arm is selected. A PICC line catheter is then inserted into the vein, through the upper arm, around the shoulder and down towards your superior vena cava (largest vein in your heart). The catheter is secured with a dressing on your arm to ensure it remains in place and does not move. The sterile dressing also protects the site from infection. The PICC line can be used immediately following placement.

After your procedure

After the procedure you will be taken to IntraCare recovery where you will be given something to eat and drink, followed by which you will be discharged. Before you leave, a nurse will give you discharge instructions to follow at home.

Recovery and discharge

Following the procedure you may have some tenderness, bruising or discomfort at the incision site. This is usually managed with oral pain medication such as paracetamol. The discomfort should settle after 1–2 days.

Exercise/movement

- Do not do any exercises that involve forceful reaching or stretching.
- Avoid participating in any strenuous exercise such as golf, tennis, swimming, or aerobics while you have the PICC line.
- It is important not to lift your arm above shoulder height or lift any heavy objects (>5kg) for 2 weeks.

Follow-up

This will usually be with your oncology specialist or practice nurse, but you are welcome to contact IntraCare with any questions.

Procedure site care

Please keep the dressing in place until your oncology nurse removes it. **If you have sensitive skin or a sensitivity to dressings, please inform the nurse so we can arrange an alternative.**

The goal of procedure site care is to reduce the risk of contamination and infection. The dressings supplied are water resistant but not waterproof.

Please:

- Avoid baths, spas or swimming while the wound is healing.
- You can shower, but please place a plastic bag covering the site.

Following the procedure, please check the area around the PICC regularly. Contact your Oncology team if you have any of the following:

- Swelling
- Bleeding
- Redness
- Leaking of fluid or pus
- Pain
- Temperature greater than 38.5 degrees
- Arm swelling
- Extensive bruising

When the PICC is not being used, it is accessed and flushed once a month to make sure it does not get blocked. This will need to be organised with your oncology nurses.

To look after your PICC please:

- Make sure the PICC dressing stays dry.
- Notify a health professional should the PICC site become red or painful.
- Take your PICC patient card with you to appointments.

Seek immediate medical attention (dial 111 for an ambulance) if there is excessive bleeding from the puncture site.

Please take this booklet with you if visiting the GP, afterhours or hospital.

**If you have any concerns after your procedure, please contact IntraCare:
Monday to Friday: 09 630 1961 (between 6:30am and 6:00pm).
For after-hours, weekends, and public holidays, contact 027 482 0763.**

How to find us

IntraCare Epsom

Both IntraCare and Allevia Hospital will be involved with your care for this procedure.

When you arrive, please report to the Allevia Hospital Admissions Lounge (2 on the map).

Directions to the Admissions Lounge:

- From the Level 1 Carpark – Walk across the footbridge towards the main reception. Take the Yellow Lift to Level 2. The Admissions Lounge will be on your right as you exit the lift.
- From the Ground Floor Carpark – Follow the blue walkway to the Yellow Lift and take it to Level 2. The Admissions Lounge will be on your right as you exit the lift.

98 Mountain Rd, Epsom, Auckland 1023

P: +64 9 630 1961 (Monday to Friday 6:30am–6:00pm)

P: +64 27 482 0763 (after hours, weekends and public holidays)

E: admin@intracare.co.nz

W: intracare.co.nz

Where to park

A 10 minute patient ‘drop off zone’ is available on the level 1 carpark. Head up the ramp as you enter the carpark from the Main Entrance (Gate 1) on Mountain Road.

The first 30 minutes are free and apply only once the vehicle licence plate number has been entered into a payment terminal. Patient parking is available on all levels of the car park. Parking limits apply, and parking spaces are marked (P90, P180, and All Day Parking).

The Allevia Hospital parking is managed by a separate company, and a fine may be issued if your vehicle breaches any of the parking terms and conditions.

There is free 120 minute parking available nearby on Mountain Road, Gilgit Road and Almorah Road after 9am.

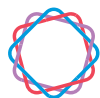


Main entrance to patient and visitor car park
- 250 spaces

Walkway to main reception
Pedestrian access to main reception from car park

Yellow Lift

- | | |
|--|--|
| 1 Allevia Hospital reception and Allevia Radiology 1 reception | 8 Awanui Labs (blood tests) |
| 2 Admissions Lounge | 9 Allevia Radiology 2 (CT, ultrasound) |
| 3 Canopy Cancer Care | 10 The Heart Group |
| 4 ARO (Auckland Radiation Oncology) | 11 Allevia Radiology PET-CT Canopy Cancer Care |
| 5 Allevia Café and outdoor dining courtyard | 12 Allevia Specialist Centre |
| 6 Allevia Pharmacy | 13 Allevia Radiology 1 (MRI/X-ray) |
| 7 IntraCare | A B C D E Allevia Specialist Centre entrances |



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