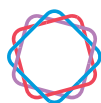


YOUR GUIDE TO

Portacath Removal



IntraCare
Interventional
Radiology



IntraCare's interventional radiology suite

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About this procedure

This guide provides information about a portacath removal 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 portacath (port) is removed in an interventional radiology suite at IntraCare in Epsom. Your interventional radiologist or vascular surgeon will be assisted by our team of nurses and other highly skilled personnel.

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.
- When you should stop eating and drinking.
- 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 or oncologist 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.
- Please arrange for someone to drive you home after the procedure as you will not be able to drive for 24 hours following 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 or vascular surgeon 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 portacath removal procedure is performed under conscious sedation and usually takes 30–45 minutes.

Preparation

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.

Other devices for monitoring blood pressure, heart rate and oxygen levels will be fitted to ensure your safety during the procedure.

The procedure

The chest area where the port is inserted will be cleaned with an antiseptic solution. You will be covered with a large sterile drape to ensure sterility is maintained. The doctor will then administer medication via your portacath to help you relax and keep you comfortable.

Local anaesthetic is then used to completely numb the area around your port. This will sting a little as the local anaesthetic goes in. Once the area is numb, the doctor will make a small incision over the port. The port is freed from any tissue and the entire device is removed, including the catheter.

You may feel pressure while the port is removed. If at any time you feel pain or are uncomfortable, please let your doctor know. More local anaesthetic or medication can be given to help you relax.

The incision (wound) will be closed with dissolvable stitches and steri-strips. Sometimes surgical glue is used. The area is then covered with a water resistant dressing.

After your procedure

You will be taken to recovery where you will be given something to eat and drink. The nursing team will monitor your recovery and if appropriate you will be discharged after one hour. Prior to your discharge, the nurses will provide instructions on medication, procedure site care, and resuming your usual daily activities.

Recovery and discharge

- Following your procedure, it is important that you **do not drive for 24 hours**. Please ensure you have a family member or friend to drive you home from the hospital, as you may still be under the effects of sedation.
- You will need to arrange someone to be at home with you on the day of your discharge and overnight to support you in your recovery.
- Due to the sedation, you may feel lethargic afterwards with reduced concentration. For this reason, for 24 hours after your procedure:
 - Do not do any activity requiring strength, concentration, or full alertness.
 - Do not make any legal decisions or sign legal documents.
- 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 2–3 days.

Resuming activities

- Do not do any exercises that involve forceful reaching or stretching as these can ‘pull’ the stitches and delay the wound (incision) healing process.
- Avoid participating in any strenuous exercise such as golf, tennis, swimming, or aerobics while your incision is healing.
- It is important not to lift your arm above shoulder height or lift any heavy objects (>5kg) for 2 weeks.

Medication

Your interventional radiologist or vascular surgeon may give you a prescription for pain relief (analgesic) to take home. Please use this should you experience any dull aching pain for the following few days.

Follow-up

A nurse from IntraCare will contact you 2–3 days after the procedure to check you are well and answer any questions you may have. Please contact IntraCare if you have any concerns prior to this call.

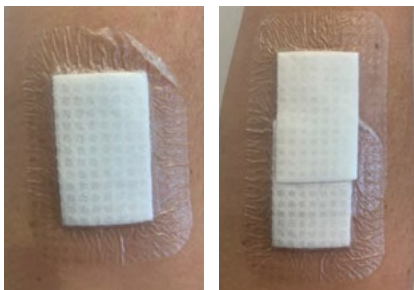
Wound care (incision site)

The sutures used to close the skin incision will dissolve over 7–10 days. Please keep the dressing in place for 7–10 days or until you notice the sutures have dissolved.

You will be supplied with extra dressings on discharge. If you have sensitive skin or a sensitivity to dressings, please inform the nurse so we can arrange an alternative.

The goal of wound care management is to reduce the frequency of dressing changes. This helps prevent 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 have your back towards the water.
- Always inspect the dressing before you get in the shower to check the edges are sealed. If you notice the dressing beginning to lift at the edge, anchor it back down with another dressing (see image below).



Change the dressing if:

- It becomes wet or compromised.
- Has peeled back and the white area is exposed to air.
- It becomes heavily soiled with blood (superficial spots of blood on the dressing are normal).

- You develop a reaction to the dressing (please contact IntraCare before removing the dressing).

When removing the dressing:

- Please wash your hands and avoid touching the incision site.
- If skin glue was used this will peel off by itself in 10–15 days. Please avoid removing it.
- If steri-strips (white strips) were used, please avoid peeling them off.
- Do not use any ointments, soap or creams on the wound during the healing phase.

Contact your doctor if you have any of the following:

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

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