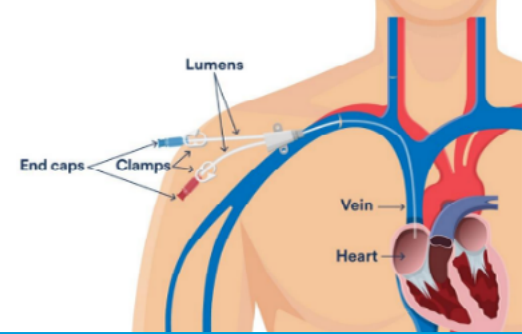




LONG-TERM VASCULAR ACCESS: OUTPATIENT CENTRAL LINE CARE



FOR PATIENTS

What is a Central Venous Catheter?

A central venous catheter, also called a central line, is a small, flexible tube often inserted into a large vein in the neck, chest, or groin. It is used to give you fluids, nutrients, medicines, and blood products. There are many types of central lines; talk to your provider about the details of your central line.

What is a CLABSI?

A central line-associated bloodstream infection (CLABSI) is a serious infection that occurs when germs (usually bacteria or fungi) enter the bloodstream through the central line. Signs and symptoms include fever, chills, pain, redness, swelling, warmth, pus or a bad smell around the central line site. Seek medical attention if you experience any of these symptoms.

Helping Children

Infants and toddlers should wear a one-piece undergarment to protect the line.

Avoid lifting infants and young children under the arms for the first two months after the line is placed.

Older children need to avoid any activities that could cause damage to the central line, including contact sports.

Your child can return to school with a central line. Talk to your provider about how to safely return to school.

Keep an emergency kit with your child at all times. The emergency kit should have tape, a clamp, gloves, and gauze.



PERFORM HAND HYGIENE

Clean your hands before and after touching or accessing your central line. Use either soap and water or alcohol-based hand rub.



CLEAN THE CENTRAL LINE

Your catheter has 1 or more lumens (or tubes). Clean the lumens daily using an alcohol wipe after bathing. If using plastic tape tabs to secure your central line, replace the tape tabs each day.



KEEP YOUR LINE SAFE AND SECURE

Use a securement device to keep the line in place and ask your provider for other ways to prevent your central line from accidentally coming out. Do not pull or tug on the central line.



FLUSH THE LUMENS

Flush each lumen with the supplies provided or ordered by your provider (for example, saline or heparin) at least once daily and with each use, as instructed. If you are doing an infusion at home, flush the central line with saline at the beginning and end of the infusion.



CHANGE THE DRESSING

Your dressing should be changed every 7 days with a transparent dressing, every 1-2 days with a sterile gauze dressing, and anytime it becomes wet, loose, or visibly soiled. Ask to have your dressing changed in the clinic. You may change it yourself if you have been taught to do this and have the correct supplies.



PROTECT THE LINE FROM WATER

Showers are preferred over baths. Your line should not be submerged in water (like bathtubs or pools). When showering, cover your entire catheter (dressing and end caps) with a moisture barrier (for example, AquaGuard, plastic wrap, or a plastic bag) OR cover your central line end caps with Parafilm and cover your dressing with a moisture barrier.

MORE INFORMATION



- World Health Organization. "[How to handwash with soap and water.](#)" 2015.
- World Health Organization. "[How to handrub with alcohol-based formulation.](#)" 2015.
- National Home Infusion CLABSI Prevention Collaborative. "[Bathing with an IV line.](#)"



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