

Caring for a Central Line at Home

These are the instructions on how to change CHG dressings and end valves on a central venous line. Follow them carefully to help avoid infection and other complications with your central line.

Change your dressing every 7 days.

How to Prepare

1. **Wash your hands.** Put on gloves.
2. Cleanse the countertop/table surface with disinfectant wipe. If you are wearing gloves, remove them and put them aside. You can throw them out when you are done changing the dressing and end cap.
3. Place supplies on clean countertop/table surface:
 - Dressing kit containing CHG Tegaderm™ dressing
 - Two (2) alcohol wipes
 - Two (2) end valves
 - Two 10 milliliter (ml) syringes of normal saline (NS)
4. **Wash your hands again** and put on clean gloves.
5. Open the dressing kit by only touching the outside edges. Remove each mask without touching anything else in the kit. Put 1 mask on and put the other on the patient (metal strip on top of nose).
6. Remove Detachol® (adhesive remover) or alcohol swab without touching anything else in the kit and place it on table.
7. Open the two NS syringes, one at a time. Touching only the outside wrapper, open each package over the dressing kit and let the syringe drop into the kit.
8. Open injection cap package and drop into the kit.

Remove the Old Dressing

9. Start at the bottom of dressing.
 - First, remove the reinforcement tape (pants) that overlap the CHG Tegaderm™ dressing.
 - To remove the rest of the dressing, gently pull the CHG Tegaderm dressing towards your chin.
 - Use the Detachol® or an alcohol swab to remove the CHG dressing adhesive. Gently pull the dressing away from the skin.
 - Throw away the old dressing and the gloves.

Be careful not to pull at the central line.

STOP - Important! Check the skin around your central line and report any of these findings to your clinic after the dressing change is complete: **Redness, irritation, swelling, discharge, or missing or torn sutures (stitches).**

Cleaning the Site/Sterile Technique

Wash or Purell your hands, and put on the sterile gloves provided in the kit. See video "Caring for your Central Line". **Remember: All items in the kit are sterile.**

10. Hold out your hands with your thumbs facing away from you. Look to locate the thumbs on your gloves.
11. Pick up the right glove with your left hand by the cuff. **Do not touch the glove above this cuff.**
12. Slide your hand in, finding the holes for your fingers. Be sure to insert your thumb last.
13. Pull the cuff back toward your wrist and tighten the glove onto your hand.
14. Grab the other glove by the cuff with your right hand, opening the glove by spreading your fingers.
15. Insert your left hand and pull the glove on just as before to make sure it is a snug fit.
16. Pick up NS syringe and take the cap off the syringe.
 - **Don't let the tip of the syringe touch anything that is not sterile.** If it does touch something, throw it away and use a new syringe.
17. Pick up the end valve from the sterile drape. Screw the new syringe to the end valve in a clockwise direction. Leave the blue piece (or white cap) on the end.
18. Remove any air in the syringe. Pull back plunger then push forward to expel the air.
19. Lay the syringe with the attached end valve on the sterile drape.
20. Repeat steps 16-19 with the other syringe.
21. Open a Prevantics[®]/antiseptic swab. Leave it in the package and place it on the sterile drape from the kit. Do this with each swab.
22. Open up the barrier swab. Leave it in the package and put it on the sterile drape.
23. Start cleansing where the central line enters the skin.
 - Cleanse the insertion site and the surrounding skin (approximately 3 inches) with the Prevantics[®]/antiseptic swab.
 - Begin at the insertion site and work outward in a circular pattern. Use a back and forth scrubbing motion for 30 seconds
 - Let dry for 2 minutes.

Do not re-swab areas you have already cleaned with the same swab.

24. Repeat the cleaning steps with a second Prevantics®/antiseptic swab. Let dry completely for 2 minutes.
25. Apply a barrier swab to the skin area where the edge of the dressing will go. The barrier swab helps the new dressing stick and protects your skin.
26. Allow the site to dry completely for 45 seconds or when visibly dry (from shiny to dull in color). **NO Blowing. NO Fanning.**

Apply the New Dressing

27. Remove the back of a new CHG Tegaderm dressing. Center the CHG gel pad over the line site. Apply the dressing with gentle pressure, flattening it out.
28. Remove paper frame from top of new dressing.
29. Apply reinforcement tape (pants) to the bottom of the dressing to secure and stabilize the line.

Caregiver: Leave your sterile gloves and mask on for the replacement of end valves. The patient keeps their mask on.

Changing Your End Valves after Dressing Is Complete

1. Open both alcohol wipes and place them on the sterile drape.

Be sure the clamp is closed on the central catheter line. Check by pressing the clamp together with index finger and thumb.

2. Clean the outside of the end valve area (the area where the end valve and catheter tip connect). Use an alcohol wipe and clean for 15 seconds.
3. Continue to hold the end of the catheter end with one hand. **Do not let go of it.**
4. While still holding the end of the catheter in your other hand, pick up the new syringe. Pull off the blue plastic piece (or white cap) on the end of the new valve.
5. Unscrew the old end valve and throw it away. **Important!**
If you cannot unscrew the end valve, STOP and call your clinic. Do not proceed any further.
6. Immediately screw the new end valve and syringe onto the hub. Be careful not to let the end (hub) touch anything. Be sure the end valve is tight.
7. Open the clamp on the catheter.
8. Hold the saline syringe in the straight up and down position. With steady pressure, push the plunger on the saline syringe until the black rubber reaches the mark that shows there is 2ml of NS left in syringe.

9. Close the clamp. Leave the syringe attached.
10. Repeat steps 4-9 on second catheter.
11. Unwrap the Curoso™ cap and place it on the sterile drape, flat side down.
12. While holding the new end valve, unscrew **just the saline syringe**. Be careful not to loosen the new hub from the catheter. Throw away the syringe.
13. Put the Curoso™ cap on the new end valve.
14. Write the date on the date tag and place on new dressing.

You're done!

What is the Difference Between Clean Gloves and Sterile Gloves?

Clean gloves are the regular old “exam gloves”. Typically, they come in a box in sizes small, medium, large, and extra-large. These are the boxes you see in hospital rooms and doctor’s offices.

Sterile gloves are always individually packaged. The packaging keeps the gloves completely free of any germs. One pair of sterile gloves are found in the dressing kit.