

Catheter Maintenance Home Care Guidelines



Consultation, training and service
1-800-30-68-68
www.homecure.co.il



Changing the dressing in a central catheter

The catheter plug should be changed once a week, or in accordance to the manufacturer's instructions

Required equipment

- Sterile sheet + sterile gloves and mask
- Separate sterile gauze pads
- Bottle of Alcoxidine (70% alcohol + 0.5% chlorhexidine)
- Tegaderm / Hypodress

Sequence of actions

1. Wash your hands with water and soap and dry with a clean personal towel
2. Wear a mask (in accordance with the policy)
3. Spread the sterile sheet on a clean surface
4. Open the package of sterile pads without touching the contents, pour Alcoxidine on the separate sterile pads
5. Open the dressing kit under sterile conditions
6. Press the catheter exit site with your finger - to prevent its movement
7. Remove the adhesive tape and the old dressing around the catheter, from the bottom upwards
8. Check the catheter insertion area for – redness , irritation, swelling, discharge
9. Wash your hands with water and soap again and dry them with a clean personal towel
10. Put the gloves on under sterile conditions
11. Clean the skin around the catheter insertion area using a gauze pad soaked in Alcoxidine, with circular movements from the center outwards - three times
12. Cover the catheter exit with a transparent Tegaderm or Hypodress
13. Attach a label to the dressing indicating the date of dressing change
14. Place a gauze pad or transparent Tegaderm on the catheter insertion area

It is important to keep the dressing dry and clean

Changing peripheral catheter in dressing

Change your catheter every 72 to 96 hours at the HMO clinic, or in accordance to the medical instructions received



The equipment can be disposed to the garbage

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Replacing the plug -in a central catheter

The catheter plug should be changed once a week, or in accordance to the manufacturer's instructions

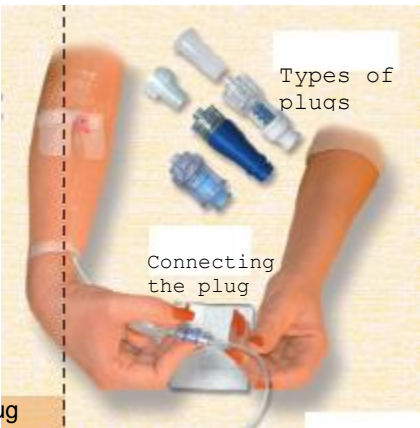
Required equipment

- Sterile gauze pads
- A bottle of Alcoxidine (70% alcohol + 0.5% Chlorhexidine)
- A new sterile stopper
- A sterile sheet
- Sterile gloves and mask

Sequence of actions:

1. Wash hands with water and soap and dry them with a clean personal towel
2. Wear a mask (in accordance with the policy)
3. Spread the sterile sheet on a clean surface
4. Open the sterile pads and plug packages without touching the contents, place them on the sterile sheet and pour Alcoxidine on the pads
5. Open the package of gloves
6. Put the gloves on under sterile conditions
7. Close the clamp on the catheter (if applicable)
8. Place a sterile pad under the plug connected to the catheter
9. Disinfect the connection site between the plug and the catheter using a gauze pad soaked in Alcoxidine - three times, each time using a new pad
10. Remove the current plug by rotating
11. Remove the seal from the new plug
12. Attach the plug by rotating

Connecting the plug directly to the catheter



Aseptic Technique

Changing the extension tube + plug in the central catheter

The catheter plug should be changed once a week, or in accordance to the manufacturer's instructions

Required equipment

- Sterile gauze pads
- sterile plug
- A new sterile extension tube
- A sterile sheet
- Bottle of Alcoxidine (70% alcohol + 0.5% Chlorhexidine)
- Ready to use saline (NaCl 0.9%) flush syringe
- Sterile gloves and mask
- bag Garbage

Sequence of actions:

1. Wash hands with water and soap and dry them with a clean personal towel
2. Wear a mask (in accordance with the policy)
3. Spread the sterile sheet
4. Open the packages of sterile pads, the new plug and the extension tube without touching the contents, place them on the sterile sheet and pour Alcoxidine on the pads
5. Put the gloves on under sterile conditions
6. Remove the caps from the new plug and from the new extension tube
7. Connect the new plug to the new extension tube
8. Hold the flushing syringe with sterile gauze and remove the cap from the syringe
9. Make sure there is no air in the syringe
10. Connect the syringe to the new plug (by pressing and rotating)
11. **Slowly** inject the flushing fluid until the entire tube is flushed; leave the syringe connected
12. Close the clamp that is on the catheter (if applicable)
13. Disinfect the connection site between the extension tube and the catheter using a gauze pad soaked in Alcoxidine - 3 times, with a new pad each time
14. Remove the current extension tube by rotating and discard it in the waste bag
15. Connect the new extension tube to the catheter by rotating
16. Attach the new extension tube and plug to your body using adhesive tape
17. Open the clamp, inject the remaining fluid and close the clamp
18. Disconnect the syringe from the plug by rotating, and discard the syringe into the waste bag

If required – connect to the infusion set / infuser

Aseptic Technique

Replacing the plug -in a peripheral catheter

Required equipment

- Sterile gauze pads
- A bottle of Alcoxidine (70% alcohol + 0.5% Chlorhexidine)
- A new sterile stopper

Sequence of actions

1. Wash hands with water and soap and dry them with a clean personal towel
2. Open the sterile pads and plug packages without touching the contents, place them on the sterile sheet and pour Alcoxidine on the pads
3. Place a sterile pad under the plug connected to the catheter
4. Disinfect the connecting site between the plug and the catheter in your arm using a gauze pad soaked in Alcoxidine

Do not touch the exposed parts

5. Remove the plug that is connected to the catheter tip by rotating, and discard into a waste basket
6. Remove the seal from the new plug
7. Attach the plug by rotating

If required – connect to the infusion set / infuser

Replacing the extension tube + plug in a peripheral catheter

Required equipment

- Sterile gauze pads
- A bottle of Alcoxidine (70% alcohol + 0.5% Chlorhexidine)
- plug
- A new sterile extension tube
- Ready to use saline (NaCl 0.9%) flush syringe

Sequence of actions

1. Wash hands with water and soap and dry them with a clean personal towel
2. Open the sterile pads, new plug and extension tube packages without touching the contents
3. Pour Alcoxidine on the pads
4. Preparing the new extension tube and plug – remove the caps from the plug and from the extension tube tip
5. Connect the plug to the extension tube

Do not touch the exposed parts

6. Disinfect the plug tip using a gauze pad soaked in Alcoxidine
7. Remove the cap from the flush syringe
8. Make sure there is no air in the syringe
9. Connect the syringe to the new plug (by pushing and rotating)
10. **Slowly** inject the flushing fluid until the entire tube is flushed, and leave the syringe connected
11. Place a sterile pad under the connection site between the extension tube and the catheter in your arm
12. Disinfect the connection site between the extension tube currently connected to the catheter in your arm using a gauze pad soaked in Alcoxidine
13. Remove the current extension tube (with the plug) by rotating and discard into the waste bag
14. Connect the new extension tube to the catheter and inject the remaining fluid in the syringe
15. Disconnect the syringe from the plug by rotating and discard the syringe in the waste bag
16. Attach the new extension tube and plug to your body using adhesive tape

If required – connect to the infusion set / infuser

Aseptic Technique

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