



- **Keep the catheter clean and dry at all times.**
- **Protect the area from injury and accidental removal of the catheter.**
- **Examine your IV catheter site daily for any redness, swelling or drainage. If any of these occur, call your nurse.**
- **Contact your physician if you develop a fever > 101°.**
  
- **IMPORTANT: Old Heparin must ALWAYS be withdrawn from IV Catheter BEFORE any flushing takes place.**

**In order to keep your IV catheter functioning, you must complete the following steps for each lumen of your catheter \_\_\_\_\_ times weekly.**

1. **Wash** your hands with soap and warm water. Dry with paper towel or clean, dry towel.

2. **Gather** the supplies you will need:

\_\_\_\_\_ - Saline Flush syringe(s)(1 for each lumen)

\_\_\_\_\_ - vial(s) Heparin (\_\_\_\_\_ u/ml)

\_\_\_\_\_ 10ml syringe(s) with needle (for Heparin instillation)

\_\_\_\_\_ 10ml syringe(s) without needle (for Heparin withdrawal)

\_\_\_\_\_ Injection Sites

alcohol wipes

Sharps Disposal Container

Wastebasket

3. **Prepare the Heparin Instillation Syringe:**

- a) Open the syringe with needle. Secure the needle onto the end of the syringe.
- b) Remove the cap from the top of the Heparin vial.
- c) Clean the top of the medication vial with an alcohol wipe
- d) Pull the plunger on the syringe back to \_\_\_\_\_mls mark.
- e) Remove the cap from the needle on the syringe.

- f) Push the needle into the vial and turn the vial upside down.
- g) With the tip of the needle in the solution, draw back \_\_\_\_mls of Heparin.
- h) Remove the needle from the vial of medication.
- i) Using the “one handed scoop” method, recap the syringe to prevent contamination. Set aside.

**4. Prepare the Saline Flush Syringe:**

- a) Remove the Flush syringe from the wrapper.
- b) Remove the protective cover from the end of the syringe (be careful not to touch the end of the syringe with your fingers as this would contaminate it and require you to use a new syringe)
- c) Gently pull back on the plunger of the syringe to break the internal seal.
- d) Holding the syringe with the tip pointed toward the ceiling, gently push on the plunger to expel any air until a drop of fluid shows on the tip.
- e) Replace the protective cover to the end of the syringe. Set aside.

**5. Withdraw Old Heparin from your IV Catheter:**

- a) Open the 10ml syringe (without the needle). Pull back on the plunger of the syringe to release the internal seal. Push the plunger back to its original position.
- b) Cleanse the injection site on the end of each lumen of the catheter with a separate alcohol wipe. Let dry.
- c) Attach the syringe to the injection site on the end of the IV catheter by pushing and screwing it on.
- d) Unclamp your catheter.
- e) Withdraw the Heparin until you get a blood return (approx. \_\_\_\_mls)
- f) Clamp your catheter.
- g) Remove old injection site from end of catheter and replace with new injection site.
- h) Repeat the above withdrawal procedure and injection site change procedure for each lumen of your catheter.

**\*\* IF YOU ARE UNABLE TO WITHDRAW THE HEPARIN FROM YOUR CATHETER, CALL YOUR NURSE IMMEDIATELY.**

## 6. Flush the Catheter with Saline

- a) Cleanse the injection site on the end of each lumen of the catheter with a separate alcohol wipe. Let dry.
- b) Attach the flush syringe to the injection site on the end of the IV catheter by pushing and screwing it on.
- c) Unclamp the catheter.
- d) Gently push on the plunger to flush the catheter. If at this point, any resistance, pain or swelling is noted, STOP IMMEDIATELY and call your nurse.
- e) Clamp the IV catheter and remove the syringe from the injection site by unscrewing it. Discard in the trash.
- f) Repeat the above saline flush procedure for each lumen of your catheter.

## 7. Instill the New Heparin into the Catheter:

- a) Cleanse the injection site on the end of each lumen of the catheter with a separate alcohol wipe. Let dry.
- b) Remove the needle from the Heparin syringe and attach the Heparin syringe to the injection site on the end of the IV catheter by pushing and screwing it on.
- c) Unclamp the catheter.
- d) Gently push on the plunger to instill \_\_\_\_\_mls of Heparin into the catheter. If at this point, any resistance, pain or swelling is noted, STOP IMMEDIATELY and call your nurse.
- e) Clamp the IV catheter and remove the syringe from the injection site by unscrewing it. Discard in the trash.
- f) Repeat the above Heparin Instillation procedure for each lumen of your catheter.

**That's It!!!! Great Job!!!**