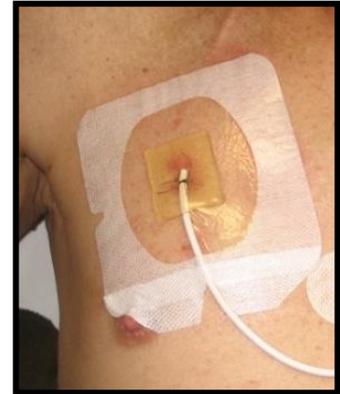


Understanding your **HICKMAN® CATHETER** Adult Patient Information

What is the purpose of this information sheet?

This information sheet has been written by health professionals. We hope it will be useful for you, your family/Whanau, friends and carers in providing all the information you will need about the Hickman® Catheter you are having inserted for treatment. It outlines:

- What is a Hickman® Catheter?
- Why do we use a Hickman® Catheter?
- Do I have alternative options to a Hickman® Catheter?
- Are there any risks if I have a Hickman® Catheter?
- How is my Hickman® Catheter inserted?
- Where is my Hickman® Catheter placed?
- What should I expect after insertion of my Hickman® Catheter?
- How do I care for my Hickman® Catheter?
- What are my responsibilities?
- Identifying and resolving problems with my Hickman® Catheter
- Important phone numbers



What is a Hickman® Catheter?

A Hickman® Catheter is an intravenous (IV) tube made of soft silicone.

It may have either one, two or three tubes (lumens) which lie inside a casing. The end of each lumen have a hub which is coloured either **RED**, **WHITE** or **BLUE** depending on how many lumens your catheter has.

Generally the **RED** lumen is used to take blood samples and give blood products. The **WHITE** / **BLUE** lumens are used for medications and IV fluids. On the end of each lumen there is a positive displacement device (needleless connector) this prevents any backflow of blood into the Hickman® tip causing it to block. The Hickman® catheter has a clamp to prevent air entering the catheter when your needleless connectors are changed.

The catheter is tunneled under the skin on your chest and enters the vein in your neck. The catheter fed down to reach an area near your heart. The catheter also has a cuff which grows into the tissues and provides a securement to stop the catheter from migrating out or in. This cuff also helps to prevent bacteria from travelling along the tunnel causing infection.

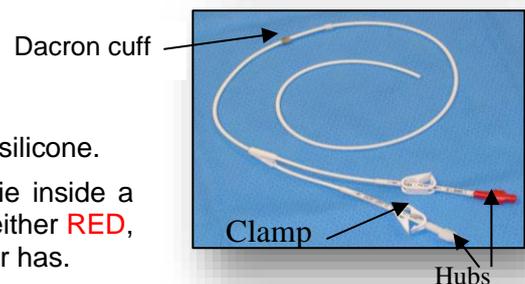
The catheter has clamps which must remain on the reinforced clamping sleeve marked on the catheter "**Clamp Here**". This is to prevent damaging the soft silicon.

Why do we use a Hickman® Catheter?

- It allows us to give all your IV medications and to take your blood samples.
- It reduces the need to insert needles into your arm veins, making treatments more comfortable for you.
- It can remain in place for up to a year or more.
- It gives you freedom to use your arms normally in all your daily activities.
- It allows us to give you more than one drug at a time without the drugs mixing before they reach your blood stream.

Do I have an alternative option to a Hickman® Catheter?

All central venous catheters come with risk however it is important that you have the right type of catheter placed for the right reason to ensure your safety. Please feel free to discuss the choices of appropriate catheters with your nurse and doctor.



Are there any risks if I have a Hickman® Catheter?

There are risks associated with any type of central venous catheter we may need to use. The risks relating to the insertion of the Hickman® Catheter will be discussed with you on the day of insertion. This is because staff in the Radiology Department have specialist knowledge about these risks. You always have the choice to change your mind.

Risks with having a Hickman® Catheter include the cuff dislodging, a change in the position of the catheter, infection, blood clot or catheter blockage. How to reduce the risks is covered in this information sheet.

How is my Hickman® Catheter inserted?

Before having the Hickman® Catheter inserted, you need to drink 1-2 litres of fluids. Alternatively you may be given intravenous fluids through a small cannula which is placed in an arm vein. The reason for this is to increase the fluid in your blood making it easier to insert the catheter. You will be asked to put on a gown.

The Hickman® Catheter is inserted in the Radiology Department by a specialist doctor called a Radiologist. This may be done as a day procedure or as an inpatient.

The procedure will be explained to you before obtaining your written consent. It takes 20-30 minutes to insert the catheter. You may request sedation as well as local anaesthetic if you feel this will make the procedure easier for you.

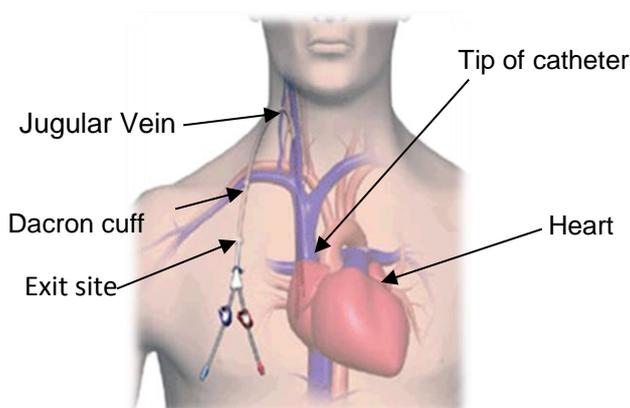
You will be asked to lie down on an x-ray table. The staff will wash their hands and dress in a sterile gown, hat, gloves and mask. The side of your chest where the Hickman® Catheter will be inserted and the neck area will be cleaned with an antiseptic solution then you are covered with sterile sheets.

Local anaesthetic will be injected to numb the area before the Hickman® Catheter is inserted. The Hickman® Catheter will have a stitch around it to hold it in place. You will also require 2-3 stitches at the side of your neck.

After the Hickman® Catheter is inserted the x-ray machine will be moved over your chest to take an x-ray. This is done to ensure the Hickman® Catheter tip is in the correct position in your chest vein. The correct tip position will be confirmed by a radiologist. Once in place the Hickman® Catheter is flushed to make sure it is working properly

Your chest will be cleaned and a sterile dressing placed over the insertion site and the lumens secured with a securement device. A sand bag may be placed on top of the insertion site to put pressure on the site. This helps reduce any bleeding. This remains in place for a least an hour following the procedure.

Where the Hickman® Catheter is placed:



This is the room in Radiology where your Hickman® Catheter is inserted:



What should I expect after insertion of my Hickman® Catheter?

You may have some bruising around the insertion site and mild discomfort once the local anaesthetic has worn off.

Pain relief will help relieve any discomfort.

Blood may ooze from the insertion site. The nursing staff will monitor this.

Your Hickman® Catheter will be assessed 24 hours following the insertion for any bleeding or bruising at the insertion site. The dressing will be changed if necessary. The area above the insertion site will be checked for swelling, redness or pain.

The stitches on your neck are removed 10 days following the insertion of your Hickman® Catheter and the stitch at the catheter insertion site on your chest is removed three weeks after insertion.

Your Hickman® Catheter will be redressed weekly, the positive displacement devices are changed twice weekly while you are in hospital. If you are an outpatient these will be changed weekly to coincide with your visit to the hospital or your treatment centre.

This is important and is done to provide an ongoing assessment of your catheter, to ensure it is functioning correctly and to prevent infection.

Women only- you may continue to wear a bra or a supportive camisole. Either of these will not interfere with the function of the catheter.

How do I care for my Hickman® Catheter?

Protecting your Hickman® Catheter from getting an infection is important

- Always **wash your hands or use alcohol hand sanitizers** before touching your Hickman® Catheter.
- Try not to get water directly onto the dressing. Always keep the catheter lumens above your waist line.
- **Do not bath or swim** while you have your Hickman® Catheter in place.
- Avoid pulling on your catheter or doing activities that could damage or dislodge it.
- Ensure your Hickman® Catheter is always well secured and protected.
- Never use scissors, pins or needles around your catheter.
- Make sure your Hickman® Catheter is clamped at all times when not in use.
- Always keep your appointments for your catheter dressing.
- Let us know if you are unable to make appointments.

Your own Responsibility

Each day, check your Hickman® Catheter site for any problems such as pain, redness or leaking. If you feel unwell or a problem arises and you are concerned, contact your treatment centre immediately (refer to contact numbers on back page).

Always report anything you feel is not right with your catheter.

If your catheter doesn't feel or look right, please contact your treatment centre.

Remember: it's a team effort when managing your Hickman® Catheter.

Always wash your hands before touching your Hickman® Catheter.



Identifying and resolving issues with my Hickman® Catheter

Problem	Possible Cause	Action
Catheter Site		
Pain or oozing Redness Swelling	Could be infection	Contact your treatment centre
Feeling unwell		
Temperature, cough Increased heart rate Chills and shaking	Sign of blood stream infection	GO IMMEDIATELY TO EMERGENCY DEPARTMENT OR YOUR LOCAL COMMUNITY HOSPITAL
Swelling		
Of the upper arm Pain in the neck and shoulder Neck Hand mottled	Sign of a blood clot in vein	Contact your treatment centre
Catheter		
Abnormal feeling at insertion site Cuff seen at insertion site Tingling and pain	Catheter may have come out of position	Contact your treatment centre
Catheter falls out		
		Hold breath and place fingers over the incision on your neck press firmly 5-10 minutes with head turned towards that side. Contact your treatment centre
Break or cut in catheter		
		Clamp or tie your catheter immediately between split and where your catheter comes out of your body. Contact your treatment centre.
Breathing problems		
Shortness of breath Chest pain	May have a blood clot in lung or Air may have entered the vein	GO IMMEDIATELY TO THE EMERGENCY DEPARTMENT OR YOUR COMMUNITY HOSPITAL
<i>If your catheter doesn't feel or look right, please contact your treatment centre.</i>		

IMPORTANT PHONE NUMBERS

For advice or help, contact your treatment centre by calling one of the numbers below:

<i>Your ward/department Nursing Staff must complete this section for you.</i>	
Ward/Department: _____	Contact phone number: _____
Additional Information: _____	

Always keep this information sheet with you and bring it to any emergency appointment

