

Central Line Dressing Change Instruction Sheet

Supplies		
Alcohol based hand sanitizer	Sterile gloves*	Sterile gauze*
Non-sterile gloves	Alcohol swabsticks*	Skin prep swabsticks*
Antibacterial wipes	Chlorhexidine sponge*	Dressing (with anchor piece)*
Yellow masks*	Chlorhexidine patch*	

* Located in dressing change kit.

1. Clean work area with an antibacterial wipe and allow to dry. Place supplies on work area. Remove dressing kit from outer wrapper and place on work area.



2. Wash your hands with soap and water or use alcohol based hand sanitizer. Take masks from top flap of kit and put them on (everyone in the room needs a mask). Put on non-sterile gloves at this time.



3. With non-sterile gloves on, remove the dressing starting at the bottom and peeling up towards the top. Do not touch the catheter insertion site. Check for signs of infection (redness, pus, swelling). If you notice any of these signs, finish the dressing change and call your provider.



4. Remove non-sterile gloves and wash hands. Carefully open dressing kit, only touching edges of the wrap. Take sterile gloves packet from top of kit, place on a clean, level surface, and put them on using sterile technique.



5. Use alcohol swabsticks if needed to clean dried blood on line. Then, using chlorhexidine sponge, scrub skin using a back/forth motion (friction rub) for 30 seconds. Allow area to air dry for 30 seconds. Do NOT blow on or fan the area.



6. Apply chlorhexidine patch with BLUE side up ("BLUE to the sky") and with the slit under the catheter. Spread the slit apart and place around the line or hub of the catheter. Turn slit to 5 or 7 o'clock with slit edges touching.



- 7.** Draw a square with the skin prep swabstick, where the edges of the dressing will be sticking. Allow to dry.



- 8.** Apply large dressing first. Remove the upper part of the backing without touching the sticky side.



- 9.** Place dressing so chlorhexidine patch and catheter hub are visible through the window.



- 10.** Remove the lower backing and arrange lines so they exit through the notch. Overlap edges of dressing to form a seal.



- 11.** Slip the anchor piece under the lines and over the edge of the dressing. Remove backing one side at a time and smooth dressing down.



- 12.** Write date on dressing.



- 13.** Change clear caps. Follow provider orders for flushing. (See next page)





Central Line Clear Cap Change and Flushing Instruction Sheet

Change all clear caps every 7 days or any time the dressing is changed, or if there is any blood in clear cap following flushing. Masks must be worn when changing clear caps.

Supplies for Clear Cap Change:

- Clear caps for each line
- Normal saline or heparin pre-filled syringes for each line
- Alcohol sponge for each line
- Yellow masks
- Orange alcohol caps are optional outside of the hospital

Steps for Clear Cap Change:

1. Wash your hands or use hand sanitizer and gather supplies on a clean surface. Prepare the clear caps:
 - Remove the blue end from the new clear cap.
 - Attach a normal saline or heparin flush syringe to the new clear cap and push a small amount of fluid through the clear cap.
 - Lay syringe with attached clear cap on your clean work surface.
 - Repeat the above steps for each line of the catheter.
2. Make sure all the catheter line clamps (if present) are closed.
3. Starting with one line, take off the old clear cap and throw it away. (If your lines are color-coded, you can change clear caps using the color order red, white, and blue.)
4. Clean the end of the line with an alcohol wipe for 5 seconds and throw it away.
5. Attach the new clear cap and normal saline or heparin flush syringe to the line and unclamp line.
6. Flush the line gently (see flushing section below).
7. Holding the clear cap securely, remove the syringe and throw away.
8. If clamps are present, you may clean each clamp with a new alcohol wipe.
9. Repeat the process for each line.

Flushing your Catheter

Flush your line with normal saline or heparin as directed by your healthcare provider. Some lines are flushed daily and some are flushed weekly.

Supplies for Flushing:

- Normal saline or heparin pre-filled syringes for each line
- Alcohol sponge for each line

Steps for Flushing:

1. Wash your hands or use hand sanitizer.
2. Gather your supplies on a clean surface.
3. Remove any air bubbles from the normal saline or heparin syringe by pushing on the plunger.
4. Clean the end of the clear cap with an alcohol wipe for 5 seconds.
5. Screw the syringe onto the clear cap and **CHECK TO MAKE SURE THE CATHETER LINE IS UNCLAMPED to avoid breaking the line.**
6. Gently push the flush. **DO NOT FORCE THE FLUSH.** If the catheter will not flush easily or if the patient has chills while flushing, STOP flushing immediately, clamp the line, and call your provider.
7. After flushing, clamp the line, hold the clear cap securely, disconnect the syringe and throw away. Make sure the clear cap stays connected to the catheter.
8. Repeat the above steps with each of the remaining lines.