



8. Lean back slightly and squeeze a small amount of antibacterial (antibiotic) ointment on the catheter site.
9. Place sterile gauze dressing around the catheter exit site and secure with tape.
10. Loop the catheter (if long enough) and place on chest over the gauze dressing and secure with a piece of tape. This prevents any undue pull on the catheter.

## **TO FLUSH THE CATHETER**

Your doctor will prescribe the solution you will use to flush the catheter. You should flush the catheter each Monday and Thursday (Unless otherwise instructed). You may find it convenient to flush the catheter immediately after a dressing change. If you notice any leakage at the injection site cap, clamp the catheter with the plastic clamp above the leak. Call your nurse in the clinic or if after hours call 984-1000 and ask the operator to page your doctor. If you live a long distance from UMC, you may want to call your local doctor or hospital first.

### **Please Note:**

Do **NOT** clamp your catheter with metal clamps or hemostats. These often have teeth that will cut the catheter.

Supplies you will need are:

- One 10cc syringe for every lumen on the device
  - Two iodine swabs
  - Vial of prescribed medication
  - Alcohol pads
1. Wash your hands with soap and water. Dry with a clean towel.
  2. Open the betadine (iodine) swabs so you can remove them when ready. Open the syringe also. Leave the plastic cover on.
  3. Clean the rubber stopper of the medicine bottle or vial with an iodine swab or alcohol pad.
  4. Remove the plastic cover from the needle.
  5. Pull back on the plunger of the syringe until the black tip is at 2 1/2 cc.
  6. With the bottle right side up, insert the needle through the stopper and push the plunger all the way down. This puts extra air in the bottle.

7. Invert the bottle and position the needle tip within the fluid inside the bottle. Allow the plunger to move to the 2 1/2 cc mark and, if necessary, gently pull back on the plunger to fill to the 2 1/2 cc level.
8. Turn the bottle right side up and remove the syringe/needle.
9. Replace the needle cover while avoiding contact with anything, especially your fingers (**OUCH!**).
10. Untape the catheter, being careful not to pull on it.
11. Clean the injection cap of the catheter with one iodine swab.
12. Remove the needle from syringe and carefully attach the syringe to the catheter by using a clock-wise twisting motion. Unclamp Catheter.
13. Slowly inject the medication.
14. Reclamp catheter as you are about to inject the last few cc's of medication, then remove the syringe by using a counter-clock wise twisting motion.
15. Re-loop the catheter and tape it in place.

**NOTE:** In the event you feel resistance to injecting the medication, **DO NOT FORCE**. Reclamp the catheter and call your nurse or doctor for Instructions.

#### **RECOMMENDATIONS:**

1. Avoid getting the catheter wet for the first month, it may be necessary to take sponge baths.
2. Avoid tight clothing immediately over the catheter site.
3. After the catheter has completely healed, you may not find it necessary to use hydrogen peroxide to remove build-up. Wipe around the catheter exit site with iodine and apply ointment and bandage.
4. **DO NOT EVER** remove the bandage with scissors. It is easy to cut a hole in the catheter that way.

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