



TIPS & TRICKS FOR BATHING



Who are these tips for?

Patients discharged from the hospital with an IV line, such as:

- PICC line: insertion site in arm.
- Midline: insertion site in arm.
- Hickman OR Port: insertion site in chest.

Patients with these IV lines need to avoid wetting their insertion site when bathing.

These tips are important because:



- They will help prevent IV line infection.
- They will help ease the transition from the hospital to your home.
- They were shared by patients like you, who had IV lines at home.

GENERAL DOs & DON'Ts:

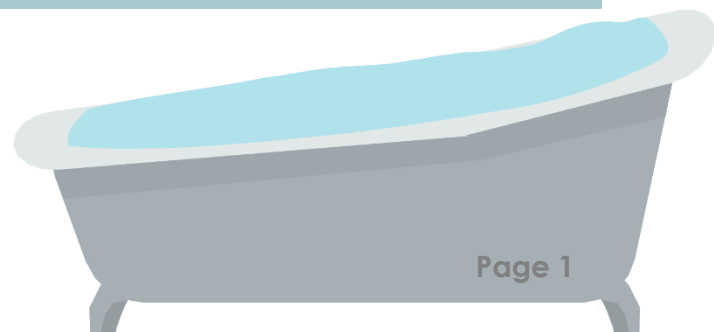
- **DO** keep the dressing over the IV line DRY at all times.
- **DO** cover your IV line dressing prior to bathing as the dressing itself is NOT waterproof.
 - *If you have a detachable shower head, try to aim the water away from the covered IV line dressing.*
- **DO NOT** allow the IV line to be submerged under water even if protected by a cover.
- **DO NOT** remove the IV line dressing yourself in the event of it getting wet.
 - *Call your home infusion provider for assistance.*

TIPS AND TRICKS FOR HICKMANS/PORTS:

- You can use cling wrap, a clear and stretchy plastic that is slightly sticky on one side, allowing it to cling to your skin and to itself (buy at a grocery store).
- Use the cling wrap to adhere and cover your chest/neck area, including your collar bone.
- It may help to have a caregiver assist you. Your caregiver can cut the cling wrap and place it on your back, neck and/or chest to keep it on.

TIPS AND TRICKS FOR PUMP DELIVERY DEVICES:

- If your medication is delivered via a pump, you must also keep the pump dry when bathing.
- You can try taking your showers/baths at the same time as your medicine bag changes.
- OR you can place your pump in a clean plastic bag, seal the bag, and hook the covered pump on a shower hook.





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https://www.youtube.com/watch?time_continue=19&v=NtKVRA_pxtM&feature=emb_logo

TIPS AND TRICKS FOR PICC LINES/MIDLINES: METHOD 1

- You can use cling wrap, a clear and stretchy plastic that is slightly sticky on one side, allowing it to cling to your skin and to itself.
- This product can be bought at any grocery store.
- Use the cling wrap by wrapping it around your IV line dressing that covers your insertion site (the area where the IV line goes completely into your arm).
- For extra security, you can tape both ends OR use a rubber band to make sure the wrap is held in place (make sure the rubber band is not too tight).

TIPS AND TRICKS FOR PICC LINES/MIDLINES: METHOD 2

- You can use a PICC line shower cover.
- This product was created specifically for PICC lines, and has two rubber seals on either end.
- This product can be bought online.
- Make sure to buy a size that fits your arm.
- This product can be reused, and lasts a few months.

TIPS AND TRICKS FOR PICC LINES/MIDLINES: METHOD 3

- You can use a plastic bag that is long and narrow, but big enough to slip your arm into, such as a disposable umbrella bag used to hold wet umbrellas.
- Make sure the bag is not contaminated with food or dirt.
- Use this product by cutting the closed end open, then slip the cut-open bag over your dressing and secure with tape OR rubber bands on either end.



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