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.
TIPS & TRICKS FOR BATHING

https://www.youtube.com/watch?time_continue=19&v=NtKVRA_xtM&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.

Funding Disclosure
This document was created using funds under grant number 1K08HS025782-01 from the Agency for Healthcare Research and Quality (AHRQ), U.S. Department of Health and Human Services (HHS). The opinions expressed in this document are those of the authors and do not reflect the official position of the AHRQ or HHS.