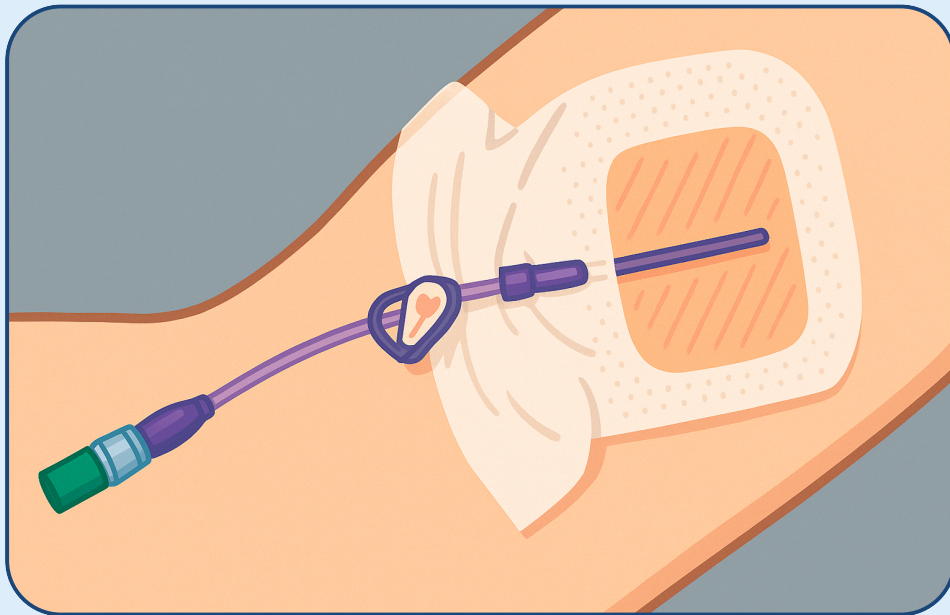


# PICC

## PREPARATION BOOK



Hôpital de Montréal  
pour enfants  
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Montreal Children's  
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Health Centre

# About This book

This preparation book contains a series of photos showing the PICC insertion experience step-by-step to help prepare you and your child for the insertion.

This book contains information about PICC insertion sensory expectations, sequence of events, clearing common misconceptions and will offer your child coping strategies to help them successfully complete the PICC insertion.

## Disclaimer

Important note: Please read

The information provided in this document is for educational purposes only. It is not intended to replace the advice or instructions of a professional healthcare practitioner or to substitute medical care. Please contact a qualified health care practitioner if you have any questions concerning your child's care.

# What Is a PICC ?

A PICC is a thin, soft, and flexible tube called a catheter.

It helps your body get the medicine or fluid it needs in an easier way. It can also be used to do a blood test.

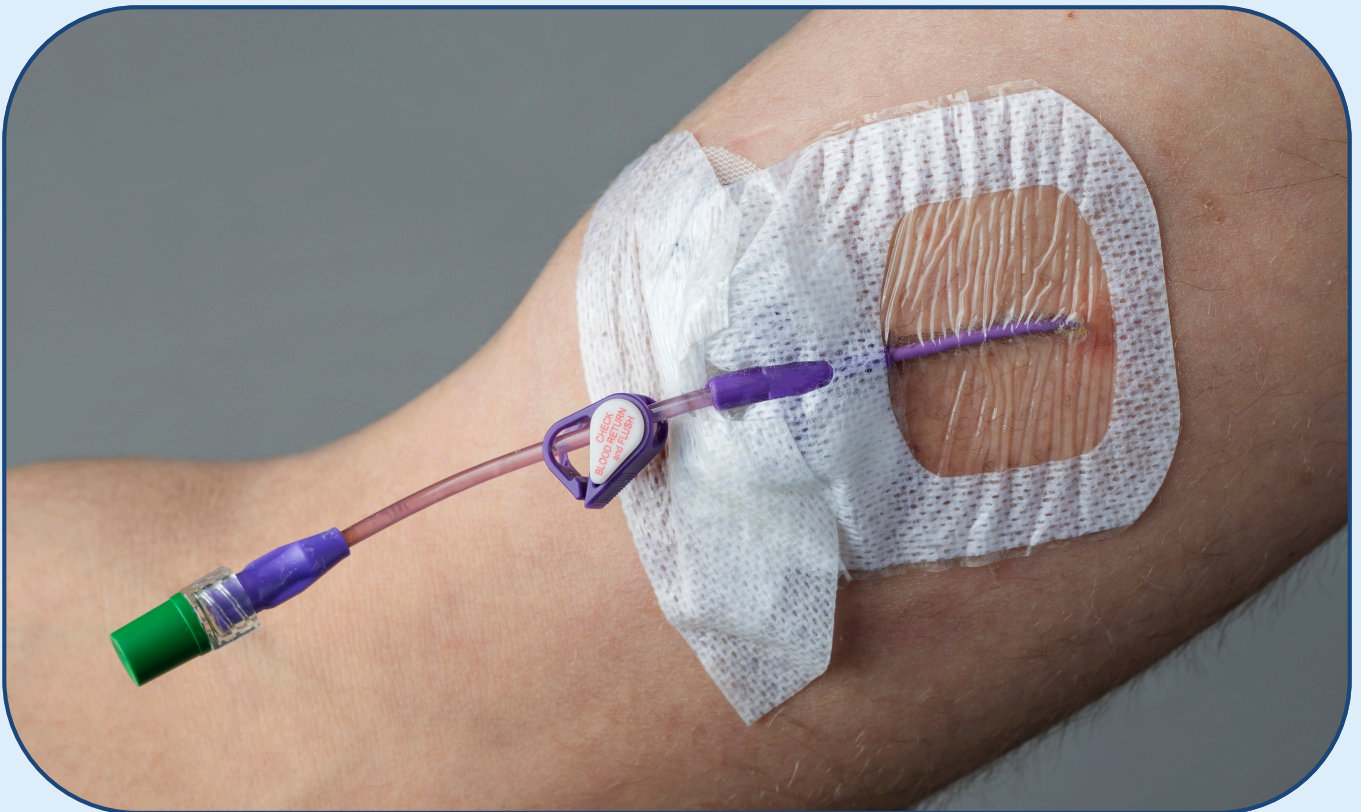


There are 3 different PICC lines depending your size and what you need it for.

# A Tunnel for Your Medicine

The PICC will be placed in your arm, and it may stay there for as long as you need your treatment.

It is like a secret tunnel that helps your medicine, or any other fluid travel right where it needs to go!



# Where Does the Adventure Begin?

You will go to the Interventional Radiology area at the Montreal Children's Hospital, where you will meet the technologist who will place the PICC.

The technologist will ask you and your parents/caregivers questions and give you information about the procedure.

These are the doors you will go through to enter the procedure room.



# Welcome to the Procedure Room

Next, you will go into the room where the procedure will take place.

You will see many things because the same room is used for so many different procedures. Not everything you see is going to be used for you and the PICC insertion.



# Preparing Your Arm

When the technologist is ready to start the PICC insertion, they will first put a blue elastic band, called a tourniquet, around your shoulder.



# Cleaning Your Arm

Next, the technologist will clean your arm with soap using two different sponges. One is pink, and one is clear, and they both feel a little cold.

This is to make sure your arm is very clean before they start.



First they will clean your arm with the pink sponge, then the transparent one!

# Preparing for the PICC

The technologist will then put blue sheets over your body.

The technologist will also wear a special blue gown, gloves, a mask, and a hat to keep everything clean and safe.



The blue sheets are very clean and help keep germs away from the PICC.

# Applying Some Jelly

Now, the technologist will put some clear jelly on your arm and gently move a small camera called an ultrasound on your arm.



This may  
feel like an  
arm  
massage!

# Finding the Vein

Next, the technologist will use the ultrasound to look at the veins in your arm.

The picture of your veins will show up on a small computer screen. You can look at it if you want to.

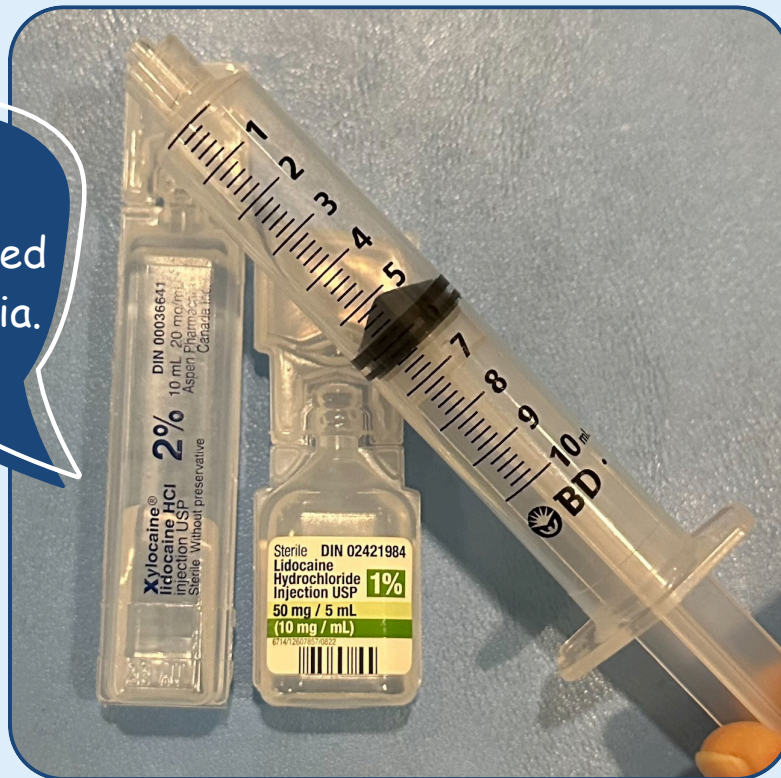


# Different Steps of a PICC Insertion

Once the technologist finds the right vein, you will get a special medicine that will help you feel more comfortable during the insertion of the PICC.

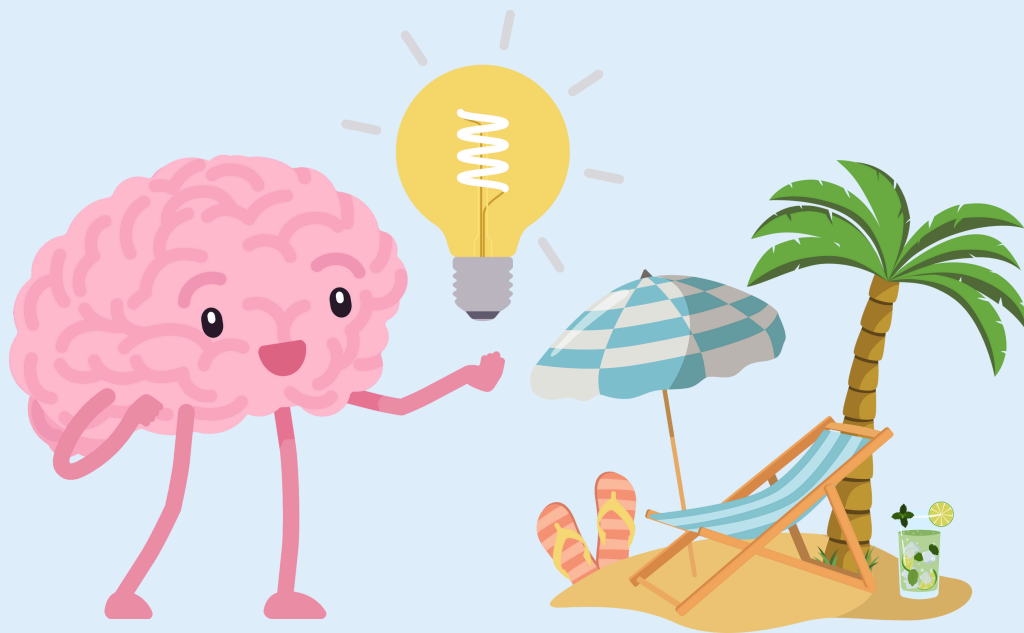
Getting this special medicine may feel like a quick pinch or poke.

This special medicine is called local anesthesia.



# Different Steps of a PICC Insertion

Next, the technologist will insert the PICC.  
You have an important job during this step!  
Try to stay as still as possible.



Here's an idea! Try to think about your favorite place to be.  
When you're there, what do you see, hear, smell, touch or taste?  
Look at the end of the book for more coping strategies!

Can you think of other ways to help you do this?

# Different Steps of a PICC Insertion

The technologist will use a camera placed above you, to take a picture called an X-ray.

This picture helps the technologist see that the PICC is well placed.



The X-ray will be close to your body, but will not touch you!

# Different Steps of a PICC Insertion

This is what the X-ray picture may look like.



# Different Steps of a PICC Insertion

The last step will be placing a dressing over the PICC.  
The dressing is a clear sticker that covers the PICC  
and keeps it safe. You did it!



The dressing  
will be changed  
regularly to  
keep this area  
clean!

# PICC Line Facts Sheet

## What does PICC stand for?

It means Peripherally Inserted Central Catheter.

## Does the procedure hurt?

You will receive a medicine called local anesthesia which will numb your skin.

## Will I be awake during the procedure?

Most children and youth are awake. Generally, children who are between 7 months and 4 years old, are asleep for the procedure. For ages 4-7, an individual evaluation will be done, as there are guidelines to determine this.

## What is my job during the PICC procedure?

Your most important job is to keep your body very still so that the technologist can insert the PICC and take clear pictures using the X-ray.



# Coping Strategies

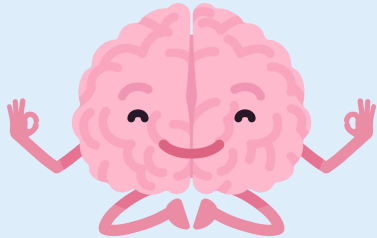
Coping strategies are ways we can help ourselves feel better when we're doing something that is hard. They can also help distract us, or change our focus onto something more positive.

Just like we need tools to build things or solve puzzles, we have tools inside us that we can use to handle tough situations and feelings.



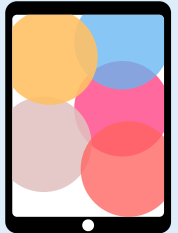
# Coping Strategies Ideas

Take slow **deep breaths** - in & out - while remembering to keep your body very still!



Ask the technologist if **hypnosis** is available.  
They will explain this strategy!

You can **watch something** on a phone or tablet, or listen to your favorite music!



**Think about your favorite place to be.**  
Imagine you are at this place.  
What do you see? Hear? Touch? Taste? Smell?