Sterile Intravenous (IV) Catheter Dressing Change

Prepare a clean work area.

1. Wash your hands well using a liquid soap. Be sure to wash all parts of your hands including the top and bottom, between fingers, and under fingernails. Use a paper towel to dry your hands. Use an alcohol-based hand sanitizer if no soap and water are available.

2. Supplies needed:
   - Dressing change kit
   - Masks (2)
   - Non-sterile gloves
   - Catheter securement device
   - Clear dressing
   - Alcohol wipes
   - Paper tape measure
   - Skin protectant pad
   - Adhesive remover (if needed)
   - Plastic disposable bag

3. Put on the mask. Be careful when opening the dressing change kit. Make sure you do not touch any of the sterile contents inside the tray.

4. Remove the sterile gloves from the kit by carefully lifting the top edge and placing the glove package on your clean work area.

5. Open the sterile catheter securement and clear dressing packages. Be careful not to touch the inside of either package. Leave the packages open and set aside in an area where they won’t be touched until ready to use.

6. Put on non-sterile gloves. Use the paper tape measure to measure around the arm just above where the IV catheter inserts into the arm. Measure the length of the catheter by gently placing the tape measure where the catheter comes out of the arm to the end of the catheter. Do not measure the blue cap or any extension tubing. Record this data.

7. To protect the IV catheter site from germs, ask the patient to put their mask on, cover mouth with a towel, or turn their head to the side while the dressing change is done.

8. Rub alcohol wipes over the top and corners of the clear dressing to loosen the adhesive. Completely remove the dressing by gently pulling up from a bottom corner. Work slowly and wipe the bottom of the clear dressing with an alcohol wipe as it is removed.
9. Look at the skin around the catheter for signs of irritation or infection (tenderness, redness, swelling, drainage, or pain). Contact your home infusion office if you have any concerns.

10. Place one finger on the clear plastic door of the catheter securement device. Open the opposite door by lifting the corner up. Gently press your index finger on the center of the device while opening the other door. Remove the IV catheter wings from the device. Use an alcohol wipe to loosen the adhesive on the tabs of the catheter securement device where you see the blue arrows. If the skin is sticky after you remove the device, use an adhesive remover pad to wipe the area.

11. Remove the non-sterile gloves. Place the gloves and old dressing in a separate plastic bag.

12. Wash hands either with soap and water or an alcohol-based hand sanitizer. Let hands dry.

13. Prepare the sterile gloves.

14. Unfold the paper glove package by lifting up on the bottom right corner to open the package. You will see a left and right side. Flatten the top and bottom folds. Lift the center flaps of the package to open it. You will see the sterile gloves. Avoid touching anywhere inside the sterile package.

15. Pinch the folded cuff (towards the bottom fold) with the thumb and index finger of the opposite hand. Slip hand inside, pinch the inside cuff and move it over your wrist.

16. Put on the next glove by scooping the gloved hand underneath the folded cuff. Put your hands into the glove and unroll the cuff over your wrist. Gloved fingers should not touch any skin.

17. Remove the sterile drape from the dressing change kit and place underneath the patient’s arm (shiny side down). Be careful not to contaminate the gloves.

18. Use the ChloraPrep® one-step swab stick to clean the skin.
   • Pinch the wings one time to break the seal.
   • Do not touch the sponge.
   • Hold the sponge down, wait a few seconds before the sponge gets wet.
   • Press the sponge against the skin.
   • Apply to the skin at and around the catheter site.
   • Scrub a wide area of skin gently for at least 30 seconds in a back-and-forth motion.
   • Let it dry naturally for one minute. Do not blow on the area or fan it dry.

19. Open the skin protectant pad and gently apply where the transparent dressing and securement device will be placed. Avoid the area at or around the catheter exit site. Let the skin protectant completely dry (2-3 minutes).
20. Place the catheter securement device on the skin so that the blue arrows are pointing upwards toward the catheter insertion site. Do not remove the paper backing tabs yet. Set the wing holes of the IV line onto the blue posts one at a time. Keep the IV catheter straight and free from curves or bends.

21. Close the doors on the securement device by placing your thumbs over the doors and other fingers under the device. Snap shut.

22. Peel the paper from the back of the securement device one side at a time. Set in place.

23. Attach the clear dressing making sure it covers the entire IV site and the catheter securement device.
   - Peel the large paper back off and center the sticky side over the IV site.
   - Gently press onto the skin and smooth it out.
   - Slowly peel off the outer paper edges and gently press onto the skin trying to avoid wrinkles in the dressing.
   - Write the date when it was changed on the dressing or record on notepaper.

24. Place all of the garbage in a separate plastic bag, tie it closed, and place in the household trash.

25. Cover the dressing when bathing with a protective shower sleeve or plastic wrap with tape. If the dressing gets wet or soiled you will need to change it. Keeping it clean and dry helps to prevent infection.

26. The dressing usually needs to be changed every 7 days.

For questions or concerns, please call Regional Home Infusion at (605) 755-1150.