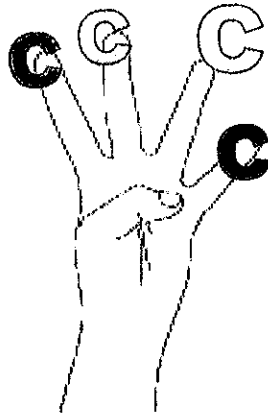


Four C Rules
for Central Line Home Care



1. Keep the site **COVERED**

- ALWAYS have a sterile dressing cover the area where the central line exits the skin.
- Keep the dressing clean, dry, completely covered and taped securely to skin.
- Change the dressing right away if you notice it is dirty, wet or loose.
- Showering can be done if the area is covered with plastic and kept out of the direct flow of water.

2. Keep the site **CLEAN**

- Always wash your hands before doing anything with the central line or the site.
- Do not touch the area under the dressing without sterile gloves on.
- The catheter site is cleaned with dressing changed weekly. When the site is cleaned regularly, the number of bacteria on the skin drops, and the risk for infection from the skin is much less.
- Do not put any ointments at the insertion site or under the dressing, as these may increase the number of bacteria on the skin and increase your risk of infection.



3. Keep the line **CLAMPED**

- Each lumen has a clamp. Clamps should always be closed when not in use.
- If the cap comes off, having the central line clamped will keep air from getting in the blood and will prevent bleeding from the line.
- Always check each central line lumen to make certain each is clamped before removing or changing a cap.



4. Keep the ends **CAPPED**

- Caps allow you to access the central line and give IV medicines, IV fluids or remove blood.
- Caps keep germs from being flushed from outside directly into the blood.
- Always keep a cap on the end of each lumen.
- Always scrub the cap well with alcohol as instructed before each use.
- If the Cap falls off replace it with a **NEW** sterile Cap. The fallen Cap will have germs on it and could infect your central line.



(Adapted from: University of West Virginia Health System, n.d.)