

About Your Child's Insuflon Catheter



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What is an Insuflon?

An **insuflon**, also called an insuflon catheter, is a small tube. It goes under your child's skin, and into the **subcutaneous layer**. This is the layer of fat just under the skin.

Your child needs medicine that goes into the subcutaneous layer. Your child can receive several doses of medicine through the insuflon. They will not need a needle poke every time.



Living with an insuflon

To protect your child's insuflon:

- Before your child showers, cover the insuflon with plastic wrap. Then, seal the plastic wrap to the skin with waterproof tape.
- After the shower, check the dressing. If it is wet under the dressing, your nurse will need to change the insuflon and dressing.

When does my child need a new insuflon?

You can use an insuflon for up to one week. But you should check the insuflon area daily. Your child may need a new insuflon if you notice **any** of these signs:

- Pain, redness, discomfort or swelling around the insuflon.
- The catheter is kinked or blocked.
- Bruising or bleeding at the **insertion site**, where the catheter enters the skin.
- Lumps around the insertion site.
- Leaking around the insertion site.
- The dressing is loose. If this happens, the catheter could move and give the medicine into the wrong area.
- The dressing is wet underneath.
- The catheter pulls out from the skin.

Giving medicine through the insuflon

1. Clean your hands.

Take off your watch and all rings.

To wash your hands:

- Wash your hands with soap and water for 1 minute.
- Rinse well.
- Dry hands with paper towels or a clean towel.
- Use a paper towel or towel to turn off the tap.

Or, use an alcohol based hand sanitizer.

2. Gather your supplies.

- 2 Chlorhexidine/alcohol swabs
- Vial of medicine
- ___ mL syringe with a ___ inch needle
- Sharps container for needles

Sharps safety

When you finish with your needle and syringe, put them into a sharps container.

Your **sharps container** can be:

- A special container for sharps,
- A coffee can with a cover, or
- A plastic detergent bottle with a lid.

You can get a sharps container from your pharmacy. When it is full:

- Seal the container
- Mark it 'Household sharps'
- Call your garbage collection company, pharmacy, or clinic to know how to safely discard the container. Do not put it in your household garbage.

Do NOT reuse needles or syringes.

Do NOT throw needles right into the garbage.

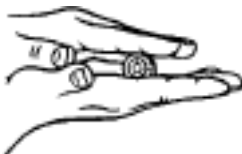
3. Check your vial.

Check the date. If the medicine has expired, use a new vial.

Check the medicine. If it has changed colour, or has flakes or lumps, discard it. Use a new vial.

4. Get the medicine ready.

If the vial is cold, warm it by holding it in your hand. Or, let it stand at room temperature for one hour.



If you need to mix the medicine, roll the vial in your hands. Do not shake the vial.

5. Snap off the plastic cover.

If this is the first time you are using the vial, snap off the cover. Do not remove the stopper.

6. Scrub the stopper with an alcohol wipe.

Let it dry.

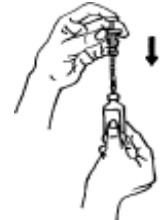
7. Get the syringe ready.

Pull the plunger back to the line that marks the dose you need to give. This will bring air into the syringe.

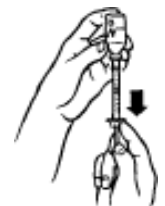
8. Put the correct dose of medicine into the syringe. To do this:

- Carefully remove the needle cover. Do not touch the needle.

- Put the needle through the stopper and push the air into the vial.



- Turn the vial upside down. Pull the needle down so only the tip pokes through the stopper. This will let you withdraw medicine without getting air.



- Pull back on the plunger and let the medicine flow into the syringe until it reaches the amount to be given.

9. Check the syringe for air bubbles.

Air bubbles will not hurt your child. But, large air bubbles will reduce the dose your child receives.

To remove air bubbles, keep the syringe needle in the vial, and:

- Gently push the medicine back into the vial. Measure the dose again.
Or,
- Tap the syringe to make the bubble rise to the top. Hold your syringe and vial tightly so the needle will not bend. Squirt the bubble into the vial. Measure the dose again

10. Remove the needle from the vial.

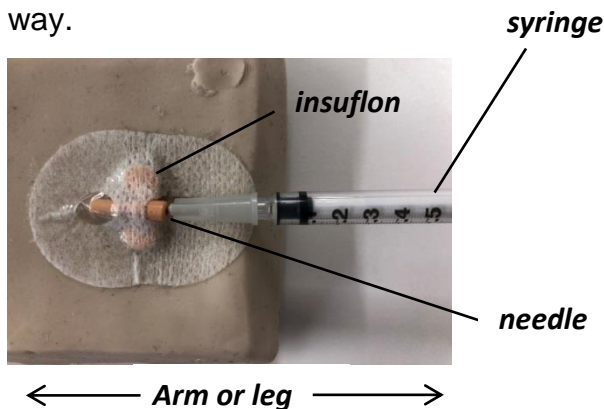
If you must put the syringe down, put the needle cover on first. Do not let the needle touch anything.

11. Clean the opening of the insuflon with a chlorhexidine/alcohol swab.

Clean the site for 15-30 seconds. Let it dry completely.

12. Insert the needle slowly into the insuflon opening.

Keep the syringe parallel to your child's arm or leg. The needle should enter the insuflon at the right angle or it will not insert the whole way.



Gently twist the syringe to help the needle enter the insuflon. The needle should end flush with the insuflon opening.

If you feel resistance when putting the needle in, **STOP. Do not force the needle.** Remove the needle and try again.

13. Give the drug slowly through the insuflon. This will reduce stinging. Distract your child. Using a “buzzy bee” or a cold pack can help.

14. Remove the needle from the insuflon. Put it into your sharps container.

At Children's & Women's Health Centre of British Columbia we believe parents are partners on the health care team. We want you to be as informed as possible.

This pamphlet will answer some of your questions. Please ask questions and share your concerns.