

Going home with your Port (adult)

Information about your Port:

Your Port was put in by _____ on _____ at
doctor date

- McMaster University Medical Centre
- Juravinski Hospital and Cancer Centre

If you have any problems with your Port, call your community nurse or primary nurse.

Brand name of Port _____

- Single Dual Arm Port
- Valved Non-valved power port

Distal tip location: SVC/Right Atrium Junction other _____

Non-coring needle: Gauge _____ Length _____

The above information was completed by _____
Nurse/Technologist

on _____, _____
Area phone

Date: _____

You are going home with a Port. A Port is a device placed completely under the skin. Your Port may be used:

- to give fluids
- to give medications
- for nutrition
- to give blood products
- to take blood samples
- for some diagnostic tests (CT scan)

Keep all dressings clean and dry. Your Port will need routine care, such as dressing changes and flushing. Your nurse will discuss this with you.

When you first get your Port

When you first get your Port it is normal for the area around your Port to be sore. This can last a few days. There may be a needle inserted into the Port covered by a dressing.

If you have a dressing and/or a needle inserted into the Port (accessed), wait until your nurse tells you that you can shower.

The stitches above the Port will be covered with a dressing. These stitches usually dissolve on their own. The dressing stays on until the area is healed.

Please let the nurse know your concerns.

Supplies and PORT care

There are 2 options for PORT care and supplies provided by CCAC (Community Care Access Centre):

- CCAC will make an appointment for you to attend a Nursing Care Centre for PORT care
- CCAC will have supplies delivered to your home and home care will be provided. Keep your supply box in a clean dry safe place and away from children and pets.

Supplies needed if you have home care:

- liquid soap, in a pump or bottle or waterless soap
 - paper towels
 - garbage bag
 - clean towel
 - sharps container (if using needles)
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Going home with your Port accessed (it has a needle), what to watch for:

Problem	What to do
Clamp has opened. The tube is damaged.	<ul style="list-style-type: none"> • Close the clamp. • Clamp above the damaged tubing. • Call your nurse.
The cap falls off.	<ul style="list-style-type: none"> • Make sure the clamp is closed. • Cover the open end with gauze and tape. • Call your nurse.
Pain at the site of the port or along the path of the port.	<ul style="list-style-type: none"> • Call your nurse who may contact the doctor.
The needle comes out.	<ul style="list-style-type: none"> • Do not push the needle back in. • Call your nurse right away.
Experience a rapid or irregular heart beat.	<ul style="list-style-type: none"> • Call your doctor.
Fever.	<ul style="list-style-type: none"> • Call your doctor.
At the site or anywhere along the path of the port could get infected: <ul style="list-style-type: none"> • redness • drainage • soreness • swelling • tenderness 	<ul style="list-style-type: none"> • Keep an eye on the Port area for signs of infection. • Call your nurse if you notice signs of infection.
Swelling of neck, arm or face on the side that the port is located.	<ul style="list-style-type: none"> • Call your doctor.

If you have trouble breathing call 911 or go to Emergency.

When you have a Port (water and sports):

- You may swim or bath with your Port once it is healed (about 7 to 10 days).
- If your Port is accessed (it has a needle) NO water, swimming or contact sports.
- Talk with your doctor about when you can play sport.

When you have a Port, it is a good idea to:

- have your emergency telephone numbers close by
- have your community nurse and primary nurse telephone numbers close by
- keep a list of your questions, problems, notes in a book or diary
- keep a calendar for clinic appointments and follow-up appointments

Setting up your home

You will need a work area or space to lay out the supplies. When choosing the best place to do your Port care, keep these things in mind:

- good lighting
- a room that is easy to keep clean and free of dust
- a comfortable spot in the room to sit or lie down
- a safe area away from children and pets
- a place free of drafts away from open windows, heating ducts and fans
- clean surface for supplies

When you or your nurse do your Port care:

- set aside 20 to 45 minutes
- limit distractions: such as not answering your phone
- clean your work area before and after Port care