

# 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
- St. Joseph's HealthCare

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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When you get home watch for these problems:

Problem	What to do
Clamp has opened. The tube is damaged.	<ul style="list-style-type: none"> <li>• Close the clamp.</li> <li>• Clamp above the damaged tubing.</li> <li>• Call your nurse.</li> </ul>
The cap falls off.	<ul style="list-style-type: none"> <li>• Make sure the clamp is closed.</li> <li>• Cover the open end with gauze and tape.</li> <li>• Call your nurse.</li> </ul>
Pain at the site of the port or along the path of the port.	<ul style="list-style-type: none"> <li>• Call your nurse who may contact the doctor.</li> </ul>
The needle comes out.	<ul style="list-style-type: none"> <li>• Do not push the needle back in.</li> <li>• Call your nurse right away.</li> </ul>
Irregular or strange heart beats.	<ul style="list-style-type: none"> <li>• Call your doctor.</li> </ul>
Fever.	<ul style="list-style-type: none"> <li>• Call your doctor.</li> </ul>
At the site or anywhere along the path of the port you notice: <ul style="list-style-type: none"> <li>• redness</li> <li>• drainage</li> <li>• soreness</li> <li>• swelling</li> <li>• tenderness</li> </ul>	<ul style="list-style-type: none"> <li>• Call your nurse.</li> </ul>
Swelling of neck, arm or face on the side that the port is located.	<ul style="list-style-type: none"> <li>• Call your doctor.</li> </ul>

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

**When you have a Port do not:**

- swim with the Port, if it has a needle (accessed)
- play contact sports – please discuss this with your doctor

**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