



Flushing the Unused Side (Lumen) of your IV

If you do not use all sides of your IV every day, it could develop a clot or become unusable. If you do not use your IV over the course of a day, you must flush (put fluid into) all sides of your IV. If you only use one side of your IV in a day, you must flush the unused sides that day.



Three Steps for Flushing your IV:

- 1- PRACTICE GOOD HAND-WASHING 2- PREPARE SUPPLIES 3- FLUSH LUMEN

Medication(s) to infuse: _____ Home-care contact (name, #): _____

STEP 1: PRACTICE GOOD HAND-WASHING

Always remember to **WASH YOUR HANDS** for a full 20 seconds. Soap and water is always preferred (hand sanitizer optional). Make it a habit to wet your hands, apply soap, and lather for 20 seconds (hum the Happy Birthday song twice). If using hand sanitizer, rub a dime-sized amount between your hands until dry. Never wave or blow on your hands to speed up drying.

- Remember, if you are using gloves, you must still wash your hands.

STEP 2: PREPARE SUPPLIES

Note which side or sides you need to flush: _____

WASH YOUR HANDS.

Clean your workspace and SAS or SASH mat (if provided) with cleaning solution and paper towels, alcohol wipes, or sanitizing wipes.

WASH YOUR HANDS.

Gather the following supplies and place on your workspace (do not put on top of your SAS or SASH mat yet). 3-6 alcohol wipes, 1-2 saline syringes, 1-2 heparin syringe (if prescribed)

Arrange your supplies above your SAS/SASH mat in their respective location.

Unwrap the saline syringe and the heparin syringe (if prescribed). Place the syringes in the correct location on top of your SAS or SASH mat. **WASH YOUR HANDS.**

STEP 3: FLUSH LUMEN

Remove air bubbles from the saline syringe from the "S":

Remove the protective cap from the syringe and place the cap flat side down on your SAS or SASH mat.

Hold the syringe with the end up and plunger at the bottom.

Pull back on the syringe plunger slightly to break the seal. You will be able to see the air bubble in the syringe.

Slowly push the plunger up to let the air bubble out.

'Scrub the hub' of the side you need to flush. Clean the end cap (hub) by wrapping the alcohol square over and around the sides for at least 15 seconds.

- Use the first alcohol wipe above your SAS or SASH mat (the one before the first "S").
- Once you have cleaned the hub, hold the hub with two fingers. Keep the hub from touching anything else.
- If your hub touches anything, wash your hands and scrub the hub again with a new alcohol square.

STEP 3: FLUSH LUMEN (CONTINUED)

- Flush your IV line with saline (“pulse flush”):
 - Hold the hub in one hand and the saline syringe in the other.
 - Remove the protective cover on the saline syringe. Screw the syringe onto the hub using a “push and twist” motion. It’s like putting a key into an ignition.
 - Once the syringe is connected to the hub, open the clamp on your IV line and slowly push 1 to 2 mL of medication at a time. Stop and push 1 to 2 mL more. Repeat this “pulse flush” until the saline syringe is empty. Flushing this way each time helps keep your IV line from getting clogged.
 - If you have trouble flushing your IV line, make sure the clamp on your IV line is open. If your clamp is open and you are still having trouble, stop and call your infusion provider.
- Remove the empty saline syringe from your IV line. Throw it away. Do not remove the hub from your IV line and **WASH YOUR HANDS.**
- ‘Scrub the hub’ of your IV line with a NEW alcohol square for at least 15 seconds.
- If are not using heparin, close the clamp on your IV line and **WASH YOUR HANDS.**
- If you are using heparin, ‘scrub the hub’ of your IV line with a NEW alcohol square for at least 15 seconds.
 - Use an alcohol wipe above your SAS or SASH mat (the one before the “H”).
 - Once you have cleaned the hub, hold the hub with two fingers. Keep the hub from touching anything else.
 - If your hub touches anything, wash your hands and scrub the hub again with a new alcohol square.
- Remove air bubbles from the first syringe from the “H”:
 - Remove the protective cap from the syringe and place the cap flat-side down on your SAS or SASH mat.
 - Hold the syringe with the end up and plunger at the bottom.
 - Pull back on the syringe plunger slightly to break the seal. You will be able to see the air bubble in the syringe.
 - Slowly push the plunger up to let the air bubble out.
- Flush your IV line with heparin (“pulse flush”):
 - Hold the hub in one hand and the heparin syringe in your other hand.
 - Remove the protective cover on the heparin syringe. Screw the syringe onto the hub using a “push and twist” motion. It’s like putting a key into an ignition.
 - Once the syringe is connected to the hub, open the clamp on your IV line and slowly push 1 to 2 mL of medication at a time. Stop and push 1 to 2 mL more. Repeat this “pulse flush” until the saline syringe is empty. Flushing this way each time helps keep your IV line from getting clogged.
 - If you have trouble flushing your IV line, make sure the clamp on your IV line is open. *If your clamp is open and you are still having trouble, stop and call your infusion provider.*
- If you have another side of your IV that will not be used today, repeat these steps on the other side.
- WASH YOUR HANDS.**
- Congratulations! You have successfully infused your medication!

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