



# Performing Home Infusions with a Flow Regulator (Dial-a-Flow Device)



Use this teach sheet to walk you through your infusions. Check with your home health nurse to see whether any steps may not apply to you.

## Four Components for Performing Infusions:

- 1- PRACTICE GOOD HAND-WASHING 2- PREPARE SUPPLIES 3- PREPARE IV LINE 4- START AND STOP INFUSION

### STEP 1: PRACTICE GOOD HAND-WASHING

- Always remember to **WASH YOUR HANDS** for a full 20 seconds when instructed.

### STEP 2: PREPARE SUPPLIES

- Remove your medication from the refrigerator before the infusion so that it can get to room temperature.
- Check your medication to confirm it has your name, the right dose, and the medication has not expired. **WASH HANDS.**
- Clean workspace & SAS or SASH mat with cleaning solution + paper towels, or alcohol or sanitizing wipes. **WASH HANDS.**
- Gather the following supplies and arrange **above** your SASH mat: 4-5 alcohol wipes; 2 saline syringes; 1 heparin syringe if prescribed; 1 medication bag; medication orders; 1 set of flow regulator tubing; 1 red cap; 1 IV pole. **WASH HANDS.**
- Unwrap supplies (syringes, medication bag and tubing) and place in the correct location on top of your SAS or SASH mat. Do not unwrap the red cap yet. Keep it **above** the “A” on your SAS or SASH mat. Raise your IV pole as high as it goes.
- Inspect the medication bag for leaks, damage or discoloration. Remove any paper tabs from the tubing and keep the clamp on the tubing closed.
- Spike the bag: Turn the dial on your tubing to “open.” Insert the tubing spike into the medication bag. **WASH HANDS.**
- Prime the tubing: Hang the medication bag on the IV pole. Squeeze the drip chamber until it fills halfway. Open the tubing clamp to allow the medication to run through (prime) until it drips out the end. Close the clamp.

### STEP 3: PREPARE IV LINE

- WASH HANDS.** Scrub the hub = clean the end cap (hub) by wrapping an alcohol square over & around the hub for 15 sec.
- Take the first saline syringe from the “S.” Remove air bubbles. Flush your IV line with saline (“pulse flush”). Remove empty saline syringe from the IV line. **WASH HANDS.**
- Double-check the three questions across the top of your SAS or SASH mat. Scrub the hub with a NEW alcohol square.
- Connect your flow regulator tubing to the hub of your IV line using a “push and twist” motion.

### STEP 4: START AND STOP INFUSION

- Make sure 1) the dial matches the rate on your orders and 2) your IV pole is fully extended.
- Open the clamps on your IV line and tubing to allow your medication to infuse. Your infusion is complete when the medication bag is empty and the drip chamber is less than half-full.
- Close the clamp on the tubing to stop the infusion. Remove the tubing from the IV line.
- If you will reuse the tubing that day, apply a clean red cap to the end of the tubing. If you will not reuse the tubing that day, throw the tubing away.
- WASH HANDS.** ‘Scrub the hub’ of your IV line with a NEW alcohol square for at least 15 seconds.
- Remove bubbles. Flush your IV line with saline (“pulse flush”). Remove empty saline syringe from the IV line.
- If you are not using heparin, close the clamp on your IV line. **WASH HANDS.**
- If you are using heparin, remove bubbles and flush your IV line with heparin (“pulse flush”). Remove the empty heparin syringe from the IV line. Close the clamp on your IV line. **WASH HANDS.**

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