

# Step by Step: Flushing Your Central Line

Here's how to flush a central line.

1. Prepare a clean work area. Have all your supplies ready. These may include the heparin or saline solution filled syringes, alcohol pads, clean disposable gloves, and a disposal box.
2. Wash your hands with soap and water for at least 20 seconds. Put on clean disposable gloves.
3. Clean the cap or hub of the line with an alcohol wipe for 15 to 30 seconds, and then let the cap dry.

Hold the end of the line so it doesn't touch anything.

4. If there's a clamp on the line, open it.
5. Attach the syringe to the injection cap.
6. If instructed by your doctor, pull back on the syringe plunger and watch for blood in the catheter. This is a sign that the catheter is working correctly.

If you don't see blood moving through the catheter, stop and call your care team right away.

7. Slowly inject the heparin or saline solution. If you feel resistance, stop and contact your doctor.
8. As you finish the injection, clamp the line again, then remove the syringe.
9. Put the syringe in a disposal box. Throw other used supplies in the trash.
10. Wash your hands with soap and water for at least 20 seconds.