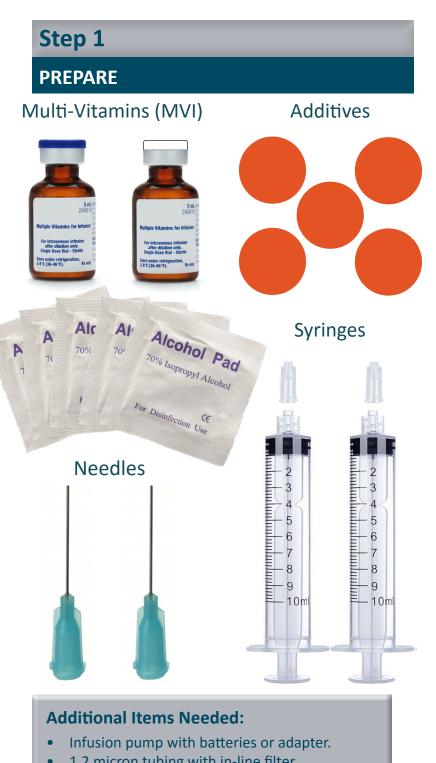
## **Parenteral Nutrition (PN) Preparation Mat:**

Your guide to a Successful Home Infusion



Please reference your PN Teaching Guide for detailed instructions



### Step 2 **ADMINISTER**

**Alcohol Pad** 

70% Isopropyl Alcohol

For Disinfection Use



# Step 3 DISCONNECT



- 1.2 micron tubing with in-line filter
- Sharps container
- IV pole or backpack







#### HAND WASHING

#### Your guide to proper hand cleaning



#### Follow the instructions below to help prevent infection.

**NOTES:** 

It is important to wash your hands before and after you work with your catheter, medication and supplies, to help prevent infection. For best results, use a liquid soap rather than a bar soap, and follow these instructions:

- 1. Turn on the sink faucet and wet your hands & wrists under warm running water. Leave the faucet on.
- 2. Apply enough liquid soap to cover all hand surfaces. Rub hands together, palm to palm, covering all surfaces of both hands, all fingers and your thumbs. Use a nail brush if needed. Scrub thoroughly for **AT LEAST 20 SECONDS**, or as long as singing "Happy Birthday " twice.
- 3. Rinse your hands to remove all soap and dry them thoroughly. Dry them with a paper towel or clean (unused) hand towel.
- 4. After drying your hands, use the same towel to turn off the faucet. **DO NOT** touch the faucet directly with your clean hands.
- 5. Once your hands are clean, make sure they do not come in contact with unclean surfaces. If you cough, sneeze or pick up something from the floor, you will need to rewash your hands before continuing.



Wet hands with water



Apply enough soap to cover all hand surfaces



Rub hands palm-to-palm



Right palm over left with interlaced fingers and vice versa



Palm to palm with fingers interlaced



Backs of fingers to opposing palms with fingers interlocked



Rotational rubbing of left thumb clasped in right palm and vice versa



Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm & vice versa



Rinse hands with water



Dry thoroughly with a single-use towel



Use towel to turn off faucet



...and your hands are sa

Use an **alcohol-based hand sanitizer** if you don't have immediate access to soap and water.