



# Flushing Your Catheter – SASH Method

## PATIENT INSTRUCTION & SAFETY

### SASH Method

The **Saline/Administer medication/Saline/Heparin (SASH)** method is the Amber Specialty Pharmacy standard for flushing your catheter when infusing fluids or medications. Flushing with saline before and after administering your medication rinses and cleanses the catheter to prevent medications from combining. Flushing your catheter with heparin, the final step in the SASH method, will help prevent a catheter blockage, known as an occlusion. Some IV catheters do not require heparin. Your Amber Specialty Pharmacy home health care team will guide you through the specifics of flushing your catheter.

Remember, **SASH** is the acronym for **Saline — Administer medication — Saline — Heparin**.

This step-by-step process for using the SASH Method will help you learn how to flush your catheter.

### Prepare Your Clean Work Surface

Use good hygiene and proper hand-washing techniques. Vigorous hand-washing for at least 30 seconds is an important first step.

### Have Your Supplies Ready

Remember to check that all labels are correct. Lay out the materials in front of you on a clean work surface. Supplies include:

- 2 prefilled saline syringes (0.9% sodium chloride)
- 1 prefilled heparin syringe
- Medication dose
- 2 alcohol swabs

Before you begin the SASH method, scrub the end of your needle-less IV hub connector with an alcohol swab for a minimum of 20 seconds and let this air dry. Do not fan or blow on the cap.

## STEP 1: SALINE FLUSH

- Remove the plastic packaging around the prefilled saline syringe and remove the cap.
- Lay the cap on the clean work surface with the open end toward the ceiling. Do not touch the inside of the cap or tip of the syringe. Do not allow the syringe tip to touch any surface.
- Push the syringe up gently or tap the syringe to remove air bubbles while pointing the syringe tip to the ceiling.
- Twist the sterile syringe tip onto the end of the clean and sterile hub connector. Be careful not to touch the IV hub connector. If it becomes contaminated, clean the connector with an alcohol swab for at least 20 seconds.
- Open the clamp on the catheter extension set and flush the catheter using the saline syringe. Your home health care nurse will teach you the push-pause method. Use the push-pause method to slowly push the fluid from the syringe into the connector.
- Be sure to clamp the catheter again to avoid potential backflow.
- Remove the empty syringe from the connector and place the empty syringe into the trash.

**SASH** is the acronym for **S**aline — **A**dminister medication — **S**aline — **H**eparin.

## STEP 2: ADMINISTER MEDICATION

The majority of medications provided by Amber Specialty Pharmacy are prepared ahead of time and delivered to you ready to use. However, some medications may need to be prepared by you, your caregiver or a home health care nurse just before administration. Amber Specialty Pharmacy will provide you with instructions on how to prepare your infusion correctly.

Administer your medicine following the process outlined in Step 1. If you touch or drop your IV hub connector in between the saline flush and the medication administration, open a new alcohol swab and clean the IV hub connector for a minimum of 20 seconds. Allow the IV hub connector to air dry.

## STEP 3: SALINE FLUSH

Clean the needle-less IV hub connector with an alcohol swab for a minimum of 20 seconds and let this air dry. Do not fan or blow on the cap. Then, repeat the process outlined in Step 1 using your second saline syringe.

If you have more than one medication, repeat the same process outlined above. Administer your medication and follow with a saline flush. If you touch or drop your IV hub connector in between the medication administration and the saline flush, open a new alcohol swab and clean the IV hub connector for a minimum of 20 seconds. Allow the IV hub connector to air dry.

## STEP 4: HEPARIN FLUSH

Repeat the process outlined in Step 1 using your heparin syringe. If you touch or drop your IV hub connector in between the saline flush and the heparin flush, open a new alcohol swab and clean the IV hub connector for a minimum of 20 seconds. Allow the IV hub connector to air dry.

Remember, never push the plunger of your syringe too forcefully. The syringe plunger should always move smoothly. If you experience resistance, swelling, burning or pain during flushing, stop and call your Amber Specialty Pharmacy home health care nurse or pharmacist.

When you are finished with the SASH method, be sure to place the cap back on your catheter.

For questions or concerns, please contact your Amber Specialty Pharmacy Whole Health team.

### Contact Us

#### Phone

888-370-1724

#### Website

[www.AmberPharmacy.com](http://www.AmberPharmacy.com)

#### Fax

855-370-0086