

# How Is My Port Accessed?

## What is a port?

A port ([port-a-cath](#)) is a surgically implanted device under the skin that allows for easy access to your [veins](#).

## Why it's important to have your port accessed?

It is important to have your port accessed so that fluids, medicine or blood products can enter the body through the blood stream. We can also use your port to take blood from your veins for lab tests.

## Your job during your port access.

Your job during the port access is to keep your body as still as a statue, so that the [port poke](#) can go in as quickly and safely as possible. Once your port is accessed you will still be able to play, enjoy art projects or other activities.

## What happens when you have your port accessed?

### Steps:

- [mask](#) worn by everyone in the room.
- Remove [numbing cream](#) (if needed).
- Cold, wet [cleaner](#) to make sure there are no germs where the poke is placed.
- Quick [poke](#) through the skin, into the port sight .
- [Window bandage](#) to make sure the port poke stays in place.
- [Saline flush](#) to make sure the port poke is working properly. This can feel cool going into the vein and it may have a funny taste.

## Things that can help when having your port accessed.

### Helpful Hints:

- Ask about available numbing and pain control options. This may include using Emla cream ( 1-hour prior ), LMX (30 minutes prior), [Buzzy Bee](#) or [Sweet-Ease](#) (if your child is less than 18 months).
- Port Access Education with a Child Life Specialist.
- [Comfort positioning](#)
- Redirecting attention to another location.
- [Distraction](#) such as pop tubes, music, bubble timers or singing.
- Breathing Reminders and/or Counting; "Breathe in on 1,2 and out on 3."
- Using a pediatric friendly treatment room, if one exists.
- Children take cues from their caregivers, so it is helpful to remain calm.



# Port Access Steps

|   |   |   |
|---|---|---|
|  |  |  |
| <p>Remove numbing cream</p>   | <p>Cold, wet cleaner</p>  | <p>Quick poke through the skin,<br/>into the port sight</p>                         |
|  |  |   |
| <p>Window bandage</p>   | <p>Saline flush</p>   |   |

# Body Systems

