

<i>Client:</i>	<i>Date:</i>
<i>Clinician:</i>	

Cleaning Your Trach Tube and Stoma

Clean your tube and the skin around it at least once a day. Follow these steps and any other guidelines you have been given. Choose a clean, well-lighted space near a sink and mirror.

Step 1



Collect the following supplies:

- Lint-free bandages
- Cotton swabs
- Trach tube brush
- Bowl filled with equal parts of distilled water and hydrogen peroxide
- Wash your hands with soap and warm water. Put on clean, disposable, powderless gloves.

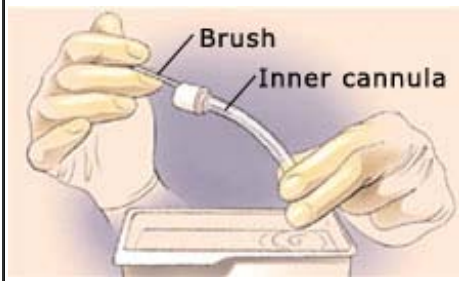
Step 2



Remove the inner cannula (tube):

- Hold the neck plate with one hand. With the other hand, unlock the inner cannula. Gently remove the inner cannula.
- Don't remove the outer cannula (tube).

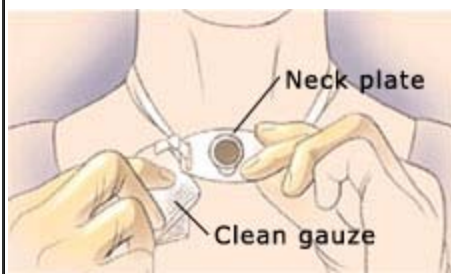
Step 3



Clean the inner cannula:

- Soak the inner cannula in the bowl of distilled water and hydrogen peroxide.
- Clean the inner cannula with a trach tube brush. Don't use a toothbrush. Rinse with distilled water.
- Put the wet inner cannula back into the outer cannula. Lock the inner cannula in place.

Step 4



Clean your neck plate and skin:

- Remove the soiled gauze, if used, from behind the neck plate. Clean the neck plate and the skin under it. Use a clean gauze pad or a cotton swab dabbed in distilled water. Gently pat the skin dry.
- Put a clean, precut gauze pad under the neck plate. This pad protects your skin.

IMPORTANT NOTICE

Contact the on-call nurse if you are experiencing any change in your current health condition.

For ALL emergencies requiring IMMEDIATE medical attention, call 911.

If Your Trach Tube Becomes Plugged

It is normal to have some mucus in your airway, but mucus can build up & thicken. If this happens, follow these steps to clear your trach tube:

- Find a clean, well-lighted space near a sink and mirror.
- Collect the following supplies: suction machine, clean suction catheter (tube) and small bowl of distilled water
- Wash your hands with soap and warm water and put on disposable, powderless gloves.
- Prepare to suction:
 - Turn on the suction machine to the setting you were given by physician
 - Attach the suction catheter to the suction machine. Ensure the suction is working: dip the catheter tip into the distilled water.
- Insert the catheter into your trach tube:
 - Take a few deep breaths to fill your lungs with oxygen.
 - Gently insert the catheter into your trach tube. While you are inserting the catheter, don't suction. Stop inserting the catheter when you start to cough.
- Suction:
 - Apply suction. At the same time, slowly pull the catheter out of your trach tube. Move the catheter tip in a circle as you pull the catheter out.
 - Take 5 to 10 seconds to remove the catheter completely from your trach tube. If you need to suction more, relax and breathe for a few minutes before you start again.
- When you are finished, turn off the suction machine. Discard the catheter, water, and gloves.

Call your doctor right away if you have any of the following:

- Shortness of breath, wheezing, or coughing
- Red, painful, or bleeding stoma
- Swelling around the trach tube
- Fever of 100.4°F or higher, or chills
- Yellow, smelly, bloody, or thick mucus
- **Note: If you ever have trouble breathing, call 911 (emergency) right away.**

IMPORTANT NOTICE

Contact the on-call nurse if you are experiencing any change in your current health condition.

For ALL emergencies requiring IMMEDIATE medical attention, call 911.