Name of Child: ______________________________   Date: _________________

**Trach Tubes and Suction Catheters**

___ My child has a Shiley tracheostomy (trach) tube that I will throw away each time I change the trach.

• If your insurance or home care company does not provide enough Shiley trach tubes for your child to have a new one with each trach change, you will need to clean the Shiley trach tube. The directions for cleaning are in this handout.
• A Shiley trach tube can only be used for a total of 29 days. After 29 days, the Shiley trach tube needs to be thrown away.
• Ask your insurance company and home care company how often your child will get new Shiley trach tubes. Normally you will get one new trach tube each month.
• If you are not receiving enough supplies from your home health company, let your doctor know right away.

___ My child has a Bivona trach that I will clean and reuse.

• The Bivona trach may be cleaned with normal saline and boiled in sterile water. The directions for cleaning are in this handout.
• Bivona trach tubes may be cleaned, sanitized and reused 5 times for infants and children before replacing. Adults may clean, sanitize, and reuse Bivona trach tubes 10 times before replacing.
• If you are not receiving enough supplies from your home health company, let your doctor know right away.
Information about gloves:
• Gloves can be purchased anywhere you get your child's medicines.
• Gloves can only be used one time. Throw gloves away after each use.
• Store clean gloves in a bag that seals.

How to Clean A Shiley Trach Tube:

What you need:
☐ Household disinfectant to clean your work area
☐ Clean gloves (not sterile gloves)
☐ Clean paper towels
☐ New, clean plastic bag
☐ Sterile water in a small, clean container
☐ Soft brush used for cleaning trach tubes
☐ One of the following cleaning fluids to kill the germs:
  ☐ 3% hydrogen peroxide and sterile water (equal parts of each item)
  ☐ 3% hydrogen peroxide and distilled water (equal parts of each item)
  ☐ White vinegar and sterile water (equal parts of each item)
  ☐ White vinegar and distilled water (equal parts of each item)
☐ A small, clean container to hold the fluid you will use to kill the germs
☐ A small, clean container with sterile water for rinsing
☐ Trach tube and obturator to be cleaned
☐ Soap or alcohol-based hand rub

What to do:

1. Clear your work area, then clean it with a household disinfectant.

2. Gather all of the supplies you will need in the work area.

3. Clean your hands with soap and water for 15 to 30 seconds. Rinse, then dry your hands with clean paper towels.
If your hands are not visibly dirty, you can use alcohol-based hand rub to clean them using the following steps:
1. Put enough alcohol-based hand rub to fill the palm of your hand.
2. Spread the hand rub over all parts of your hands.
3. Rub hands until dry.

4. Put on clean gloves.

5. Check the used trach tube for any damage. If you find cracks or any other damage, call your home care company for a new trach tube right away.

6. Clean the used trach tube and obturator with sterile water in a small, clean container. Gently scrub it with the brush until all the mucus, phlegm, and other body fluids are gone. Rinse the trach tube and obturator well with sterile water or distilled water.
   - To learn how to make sterile water, ask your nurse or doctor for handout #861.

7. Soak the tube and obturator in a small, clean container with the right cleaning fluid. Ask your nurse or doctor what fluid is right. The company that makes the tube decides which is best.

If using these fluids, allow to soak long enough to rid the tube of mucus, phlegm and other body fluids:
- 3% hydrogen peroxide and sterile normal saline (equal parts of each item)
- 3% hydrogen peroxide and distilled water (equal parts of each item)
If using these fluids, allow to soak for 2-3 hours:

- White vinegar and sterile water (equal parts of each item)
- White vinegar and distilled water (equal parts of each item)

Take off gloves, then clean your hands while the tube and obturator soaks.

9. After soaking, put on gloves, then rinse the cleaning fluid off of the tube and obturator with sterile water.

10. Put the tube and obturator on a clean paper towel on your work area surface to air dry. Cover with another clean paper towel until dry.

11. Throw out the cleaning fluid you used to clean the germs off the trach tube and obturator. Do not save it to use again.

12. Take off gloves. Clean your hands.

13. When the tube is dry, clean your hands. Put on gloves. Touch only the wings of the tube and the handle of the obturator, and put them in the plastic bag. Seal the bag. Keep the trach tube and obturator in the bag until you need them next.

14. Take off gloves and clean your hands. Label the plastic bag with the size of the trach and date cleaned.
How to Clean a Bivona Trach Tube:

What you need:
- Household disinfectant to clean your work area
- Clean gloves (not sterile gloves)
- Clean paper towels
- New, clean plastic bag
- Sterile water to clean the tube and obturator
- Sterile water or distilled water to rinse the tube and obturator
- Soft brush used for cleaning trach tubes or pipe cleaners
- A small, clean container for cleaning the trach tube and obturator
- Cooking pan with lid
- Stove
- The trach tube and obturator to be cleaned
- Soap or alcohol-based hand rub

What to do:
1. Clear your work area, then clean it with a household disinfectant.

2. Gather all of the supplies you will need in the work area.

3. Clean your hands with soap and water for 15 to 30 seconds. Rinse, then dry your hands with clean paper towels.
   If your hands are not visibly dirty, you can use alcohol-based hand rub to clean them using the following steps:
   1. Put enough alcohol-based hand rub to fill the palm of your hand.
   2. Spread the hand rub over all parts of your hands.
   3. Rub hands until dry.

4. Put on clean gloves.

5. Check the used trach tube for any damage. If you find cracks or any other damage, call your home care company for a new trach tube right away.
6. Clean the used trach tube and obturator with sterile water in a small, clean container. Gently scrub it with the brush until all the mucus, phlegm, and other body fluids are gone.

- To learn how to make sterile water, ask your nurse or doctor for handout #861.

![Clean the used trach tube and obturator with sterile water.](image)

7. After cleaning, rinse the tube and obturator with sterile water or distilled water. Put the tube on a clean paper towel on your work area surface. Take gloves off.

![Rinse the tube and obturator with sterile water](image)

8. Throw out the liquid you used to clean the germs off the catheter. Do not use it again.

9. Boil sterile water in a pan. Clean your hands. Put the tube and obturator in the pan of boiling water. Remove the pan from the heat and cover the pan. Let the water cool. Once cool, clean your hands and put gloves on. Take the tube and obturator out of the water. Touch only the wings of the tube and the handle of the obturator.

10. Put the tube and obturator on a clean paper towel on your work area surface to air dry. Cover with another clean paper towel until dry.

![10. Put the tube and obturator on a clean paper towel.](image)

11. Take off gloves. Clean your hands.
12. When the tube and obturator are completely dry, wash your hands. Put on clean gloves. Put the clean tube and obturator in a plastic bag. Touch only the wings of the tube and the handle of the obturator. Seal the plastic bag. Keep them in the bag until you need them next.

13. Take off gloves and clean your hands. Label the plastic bag with the size of the trach and date cleaned.

**Information about Suction Catheters:**

Suction catheters are made to be used only once. If your insurance company or home care company does not provide you with enough suction catheters to use a new one each time you suction your child’s trach, ask your nurse, doctor, or homecare company what to do. If you are directed to clean and re-use suction catheters, follow these steps to clean the suction catheters.

**How to Clean Suction Catheters:**

**When:**
If you have been directed to use your child's suction catheters more than once, you must clean the catheter after each use. When a suction catheter has been cleaned, it can be used for up to 24 hours. After 24 hours, the catheter must be thrown away. Then you will need to open a new catheter to suction your child.

**What you need:**
- One of the following cleaning fluids to kill the germs:
  - 3% hydrogen peroxide and sterile water (equal parts of each item)
  - 3% hydrogen peroxide and distilled water (equal parts of each item)
  - White vinegar and sterile water (equal parts of each item)
  - White vinegar and distilled water (equal parts of each item)
- Clean cloth or gauze
- Clean paper towels
- Clean plastic bag
- Soap or alcohol-based hand rub
What to do:
1) Suction the correct cleaning fluid through the used catheter until it is free of mucus. Do not let the end of the suction catheter that goes into your child’s tracheostomy touch anything during these steps.

2) Wet the clean cloth or gauze with some cleaning fluid, then wipe the outside of the catheter with the clean cloth or gauze. Only the clean cloth or gauze should touch the catheter.

3) Suction sterile water through the suction catheter until it is free of cleaning fluid.
   • To learn how to make sterile water, ask your nurse or doctor for handout #861.

4) Suction air through the catheter until it is free of liquid.

5) Remove the catheter from the suction tubing and put it on a clean, dry paper towel. Cover the catheter with another clean paper towel and allow it to dry. Clean your hands.

6) Once the catheter is dry, clean your hands. Then place the catheter in a clean plastic bag with a seal. Label the outside of the bag with the date and time it was cleaned.

Now that you’ve read this

☐ Show your nurse or doctor how you clean your child’s trach tube. (Check when done.)

☐ Tell your nurse or doctor what you will do if you do not have enough suction catheters. (Check when done.)
If you have any questions or concerns,
☐ call your child’s doctor or ☐ call ______________________

If you want to know more about child health and illness,
visit our library at The Emily Center at Phoenix Children’s Hospital
1919 East Thomas Road
Phoenix, AZ 85016
602-933-1400
866-933-6459
www.phoenixchildrens.org
www.theemilycenter.org
Facebook: facebook.com/theemilycenter
Twitter: @emilycenter
Pinterest: pinterest.com/emilycenter

Disclaimer
The information provided at this site is intended to be general information, and is provided for educational purposes only. It is not intended to take the place of examination, treatment, or consultation with a physician. Phoenix Children’s Hospital urges you to contact your physician with any questions you may have about a medical condition.
**Trach Tubes and Suction Catheters**

Name of Health Care Provider: _______________________________

Date returned: ____________  db

**Family Review of Handout**

Health care providers: Please teach families with this handout. Families: Please let us know what you think of this handout.

Would you say this handout is hard to read?  ☐ Yes  ☐ No

Yes  ☐ No
easy to read?

Please circle the parts of the handout that were hard to understand.

Would you say this handout is interesting to read?  ☐ Yes  ☐ No

Yes  ☐ No

Why or why not?

Would you do anything differently after reading this handout?  ☐ Yes  ☐ No

If yes, what?

After reading this handout, do you have any questions about the subject?  ☐ Yes  ☐ No

If yes, what?
Is there anything you don’t like about the drawings?  □ Yes  □ No

If yes, what?

What changes would you make in this handout to make it better or easier to understand?

Please return your review of this handout to your nurse or doctor or send it to the address below.

The Emily Center  602-933-1395
Health Education Specialist
Phoenix Children’s Hospital
1919 East Thomas Road
Phoenix, AZ 85016-7710

Thank you for helping us!