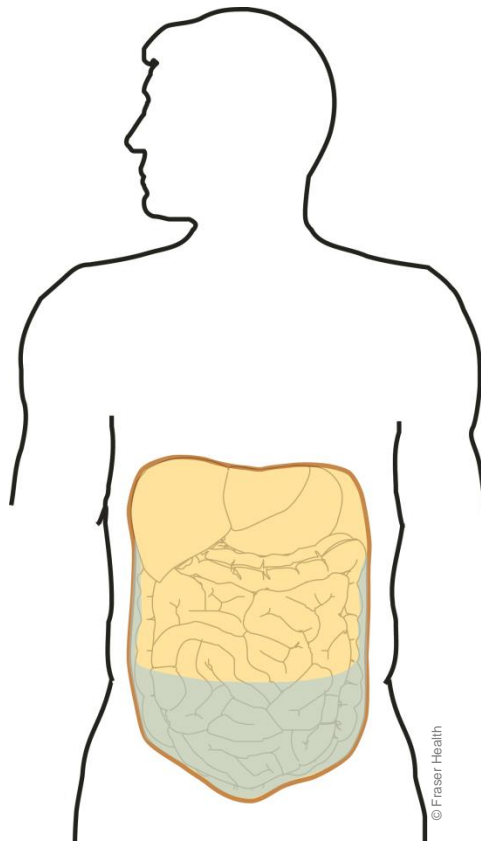


Looking After Your **ASEPT[®]** Abdominal Catheter At Home



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This booklet tells you about your ASEPT® Abdominal Catheter and how to care for it at home.

Your Community Health nurse will help you to understand the information and how to care for the catheter.

Tips for caring for yourself:

- Take your time.
- Write down any questions you have.
- Talk to us about your concerns and ask questions.

Your care team is here to help you and your family.

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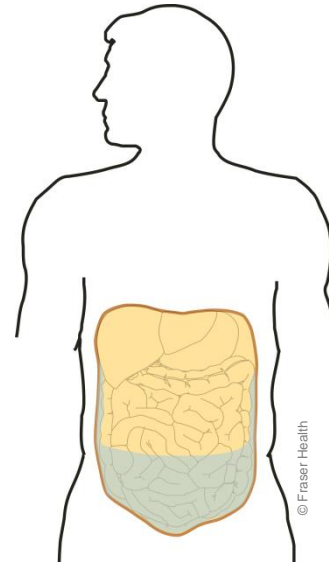
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This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Introduction

A tube called the ASEPT® catheter was put into your abdomen. This tube lets you to drain the extra fluid that builds up around your abdomen. Your doctor chose this treatment so you can be at home rather than spending time in the hospital.

It is important to drain the fluid from your abdomen as your doctor said. This will make it more comfortable for you.



The catheter stays in place until the fluid stops draining from your abdomen. We cannot predict how long the tube will be in place. It is different for every person.

It is normal to feel worried when you learn how to care for your abdominal catheter. Talk to your Community Health nurse or doctor about any worries you have. They want to help.

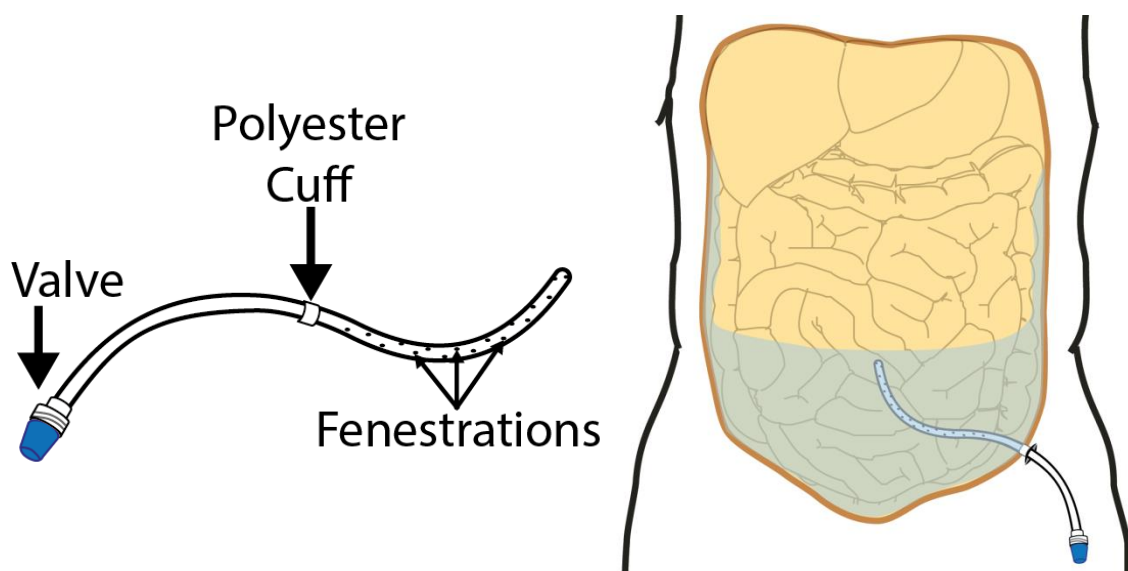
To help your doctor and Community Health nurse see how you are doing:

- Keep track of when you drain and how much you drain in the Drainage Table (Page 15).
- Write down how you feel before and after draining the fluid.

About your ASEPT® catheter

The 'catheter' is a flexible tube put through your skin into your abdomen.

- The part of the catheter that is inside your abdomen has some small holes (called **fenestrations** – say *fen-es-tray-shuns*). These holes let fluid enter the tube and drain out.
- There is a **polyester cuff**. It normally sits under the skin where the catheter goes through the skin. It helps to keep the catheter in place. Let your Community Health nurse or your doctor know if you can see the cuff when you change your bandage.
- The **valve** at the outer end of the catheter keeps fluid from leaking out.



General care and safety

- Take your temperature every evening.
- Keep your catheter safe.
Never use anything sharp around your catheter like scissors or pins.
- When draining the fluid from your abdomen:
 - * Use only ASEPT® supplies.
 - * Do not put anything into the ASEPT® catheter valve except the access tip of the drainage line.
If another product is used, this can damage the valve and let fluid from your abdomen to leak out of the valve.

Having a helper

It is good to have another person help you to drain your catheter. It is best to have the same helper do the drain with you each time so that they know what help you need.

The Community Health nurse teaches you and your helper how to drain your catheter.

Supplies

To drain the catheter, you use the specially designed vacuum bottle and procedure kit from the company who makes ASEPT® catheters.

The Community Health nurse can tell you how to get the supplies you need.

When needing medical care

If you need to go to the hospital, Emergency Department, doctor's office, or walk-in clinic:

- Bring an extra drainage bag with you.
(We give you an extra drainage bag to keep at home).
- Bring this information booklet.
- **Do not** let a doctor or a nurse put anything in your catheter or connect the catheter to anything except the ASEPT® bottle.
- Ask the doctor or nurse to contact the doctor who put in the ASEPT® catheter. Check to make sure they have talked with your doctor before they do anything to your catheter.

How to Drain Your ASEPT® Catheter

A Community Health nurse will teach you how drain your catheter using what we call 'clean technique'.

These are the 2 most important things to keep very clean and not touch with your fingers:

- The valve end of your catheter
 - The tip of the tube on the drainage bag (called the 'access tip'.)
- Clean the skin around your catheter **each time you drain** to keep it from getting infected.
 - Clean your skin and change your bandage if you can see or feel that the gauze under the clear bandage is wet.
 - Try to stand so the water does not land right on your bandage when you shower. You can tape some plastic kitchen wrap over your bandage to help keep the water away from it.

Do not have tub baths while you have the ASEPT® catheter.

- You have to change your bandage **once every 7 days** even if you do not need to drain the catheter.

The Community Health nurse will give you the supplies you need to change the bandage. These supplies might look different from what comes in the procedure kit. The Community Health nurse will tell you what you need to do.

Getting ready

1. Check the bandage covering your catheter to see or feel if it is wet.

If it is wet and:

- your catheter is new → It could mean it has not yet healed.
- your catheter has been there for a while → It could mean you need to drain more often. Talk to your doctor or Community Health nurse.

2. Gather your supplies:

- small clean towel
- small dressing tray
- clock or watch
- 2 chlorhexidine swabs
- extra alcohol wipes
- drainage bag with drainage tubing
- plastic bucket
(Community Health gives it to you)
- Procedure kit with
 - a. 2 pair of gloves
 - b. large, clear bandage
 - c. split foam pad
 - d. gauze pads
 - e. Emergency slide clamp
 - f. barrier film
 - g. alcohol wipes



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Draining your ASEPT® catheter

1. Set up a clean and clear work surface on a table or counter.

2. Clean your hands with soap and water.

3. Ask your helper to wash their hands.

Steps for washing hands

1. Use soap and water.
2. Wash your palms, back of your hands, between your fingers, and fingertips.
3. Continue washing for 1 minute.
4. Rinse all the soap off your hands.
5. Dry your hand well with a clean towel (not been used before).

4. Open the small dressing tray:
 - a. Take the plastic cover off.
 - b. Put the tray on your clean work surface.
 - c. Open the paper wrapping by only touching the outer edges.
 - d. Spread the paper flat.



Remember - only touch the outer edges.

5. Open the Procedure Kit:
 - a. Take out the wrapped package from the plastic cover.
 - b. Put it next to the dressing tray.
 - c. Open the package by only touching the outer edges.
 - d. Spread it open next to your dressing tray.
- Remember - only touch the outer edges.

6. Open the 2 chlorhexidine swab packages.

Let the swabs fall into one of the empty sections of your dressing tray.

7. Open the drainage bag:
 - a. Open the plastic packaging.
 - b. Remove the bag and tubing.
 - c. Place it on top of its packaging within reach.



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8. Put on the pair of gloves from the Procedure Kit:
 - a. Hold one glove by the cuff.
 - b. Slide your other hand into the glove.
 - c. Use your gloved hand to hold the other glove by the cuff.
 - d. Slide your hand into the glove.



Clinical Procedures for Safer Patient Care by BCIT (CC BY 4.0)

9. Either you or your helper remove the bandage from around your abdominal catheter. Do not pull on the catheter.

Check:

- the skin around the catheter for any redness or swelling
- any wetness or pus coming from around the catheter or on the bandage
- if the cuff of the catheter is showing outside the skin opening

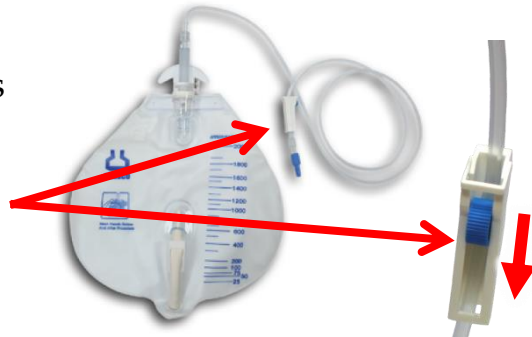
If you notice any problems, contact your doctor or Community Health nurse once you have finished draining your catheter.

10. Take off your gloves.
11. Wash and dry your hands as you did before you started the procedure.
12. Put on a fresh pair of gloves as you did in Step #8.
Once these gloves are on, **do not touch anything** other than your supplies.
13. Open 3 of the alcohol wipes in the Procedure Kit.
Set them on the dressing tray.
14. Take the blue slide clamp out of the Procedure Kit and set it aside.



15. Get the drainage bag ready:
 - a. Take off the paper that holds the tubing.
 - b. Close the white roller clamp on the tubing by rolling the 'wheel' downwards.

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16. Clean the blue valve on your abdominal catheter with an alcohol wipe for 30 seconds.

Use a watch or clock to keep track of the time.

Let it dry completely.

Do not blow on it or fan it to try and speed up the drying time.



Do not let the open end touch anything.

17. Hold your catheter in one hand while you pick up the drainage tube of the drainage bag with your other hand.

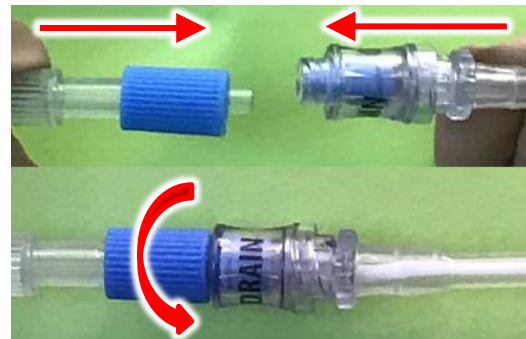
18. Twist off the blue cap covering the tip of the drainage tube on the drainage bag.



Do not let the open end touch anything.

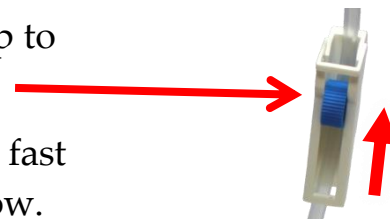
19. Push the tip of the drainage tube into the blue valve of your catheter.

Screw the 'spin collar' over the connection to hold the tubes together.



20. Slowly open the white roller clamp to drain the fluid.

Use the roller clamp to control how fast the fluid drains. It is best to start slow.



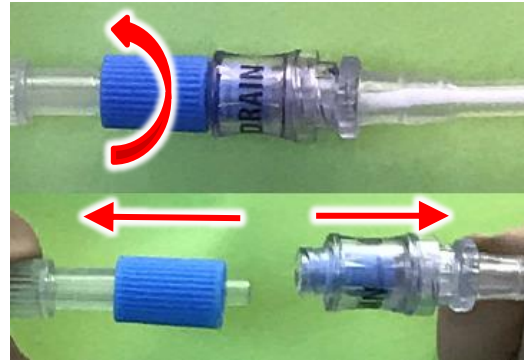
Close the clamp to stop the drain if you have pain, start to cough, or feel pulling in your abdomen. Take a few minutes to rest then slowly start the drain again.

Stop the drain if you fill the bag with 2000 millilitres (mL) of fluid.

21. Close the white roller clamp when you drain the amount you were told to drain (up to 2000mL).

22. Disconnect the drainage bag tubing from the abdomen catheter:

- Hold the abdomen catheter in one hand.
- Use your other hand to untwist the spin collar and open the connection.
- Pull the tip of the drainage tubing out of the abdominal catheter valve.



23. Clean the blue valve on your abdomen catheter with an alcohol wipe for 30 seconds.

Let it dry completely.

24. **Leave your gloves on.**

- Now follow the steps to clean your skin around the catheter and put on a new bandage. (Page 9)

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How to Put on a New Bandage

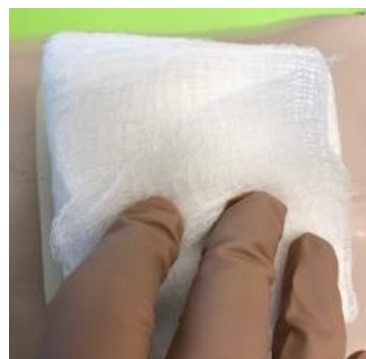
1. Clean the skin around the tube with the 2 chlorhexidine swabs:
 - a. Start where the tube comes through your skin.
 - b. Clean in circles moving outward for about 7.5 centimetres (3 inches).
 - c. Let the skin dry. This can take a few minutes.
Let it dry completely to keep from getting a rash.
2. Clean the abdominal catheter with an alcohol wipe for 30 seconds.
 - a. Clean the catheter from where it comes out of the skin and clean all the way to the valve.
 - b. Let the catheter dry completely.
3. When your skin and catheter are totally dry:
 - a. Take the split foam pad from the Procedure Kit.
 - b. Slide the foam pad around abdomen catheter.
 - c. Coil the abdominal catheter tubing.
 - d. Hold it on top of the foam pad.



How to Put on a New Bandage

4. Cover the tubing and foam pad with 2 or 3 gauze pads.

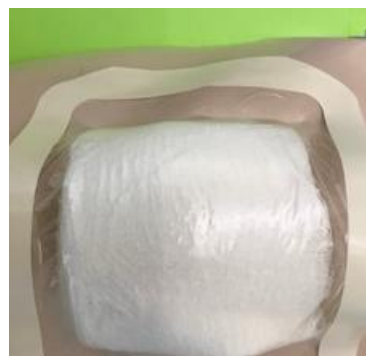
Ask your helper to hold the gauze pads in place while you get ready to put on the outer bandage.



5. Take your gloves off.

6. Use the large, clear plastic bandage from the Procedure Kit to hold the gauze pads:

- a. Peel the paper backing off the clear plastic bandage.
- b. Stick the bandage over the gauze pads
- c. Peel the extra paper off the outside of the bandage.
- d. Smooth the bandage out so that it sticks really well all around the gauze and there are no wrinkles.



7. Put the used drainage bag and tubing into the plastic bucket from Community Health.
8. Keep the blue Emergency slide clamp with you at all times (in your purse or wallet) in case you need it.



9. Put all paper, plastic, and trays in the garbage or recycling.
10. Use the Drainage Table (Page 15) to write down:
 - the date and time of the drain
 - how much fluid drained
 - the colour of the fluid
 - if the fluid was clear or cloudy




You are done!!

Troubleshooting

Problem	What you should do
The abdominal catheter gets damaged, cut, or broken	<ol style="list-style-type: none"> 1. Pinch the catheter closed with your fingers. 2. Put the blue Emergency clamp from your Procedure Kit on the catheter to keep it pinched closed. 3. If you do not have an Emergency clamp, bend the catheter in half and tape it to keep is closed. 4. Call your Community Health nurse as soon as possible to arrange to fix the catheter.
The abdominal catheter gets pulled out (not a common problem)	<ol style="list-style-type: none"> 1. Open a Procedure Kit. 2. Cover the opening in your skin with 2 to 3 gauze pads and then the large, clear plastic bandage. 3. Call Community Health nurse as soon as possible.
<p>No fluid drains into the drainage bag</p> <p><i>Why?</i></p> <ul style="list-style-type: none"> - Might not have any more fluid to drain - The catheter could be plugged 	<ul style="list-style-type: none"> • If you drain less than 50mL two times in a row, call your doctor. Your catheter might need to be checked. • If you feel pain or pressure <u>and</u> your catheter is not draining, call your doctor or Community Health nurse as soon as possible.

Problem	What you should do
<p>Feel faint (or dizzy) and tired after draining fluid</p> <p><i>Why?</i></p> <ul style="list-style-type: none"> - Might get dehydrated when draining a lot of fluid 	<ul style="list-style-type: none"> • Try to drink more fluids like water, protein drinks (such as Boost® or Ensure®), and soups on the days you do the drain. • Do not drain more than 2000mL at any one time. • Talk to your doctor or Community Health nurse if you keep feeling faint or dizzy.
<p>Pain when draining fluid</p> <p><i>Why?</i></p> <ul style="list-style-type: none"> - Caused by your organs as they return to their usual place and size - Common the first few times doing the draining 	<ul style="list-style-type: none"> • Slow down the drainage speed with the white roller clamp. • Follow the instructions your doctor gave you on what to do if you get pain. You might need to take pain medicine 30 minutes before each drain. • Call your doctor or Community Health nurse.
<p>Skin around the tube is red and sore to touch</p> <p><i>Why?</i></p> <ul style="list-style-type: none"> - Might not have let your skin totally dry when cleaning it - Might be the start of an infection 	<ul style="list-style-type: none"> • Always let the chlorhexidine dry on your skin completely before putting a new bandage on. • Take your temperature every evening. If your temperature is over 38°C (100.3°F) or you are feeling sick, call your doctor or Community Health nurse.

Problem	What you should do
<p>Yellow or green coloured pus coming from the opening in your skin</p> <p><i>Why?</i></p> <ul style="list-style-type: none"> - Might be an infection 	<ul style="list-style-type: none"> • Take your temperature right away. If your temperature is over 38°C (100.3°F) or you are feeling sick, call your doctor or Community Health nurse.
<p>Fluid from your abdomen changes colour or gets thicker</p> <p><i>Why?</i></p> <ul style="list-style-type: none"> - Might be an infection - Catheter might irritate the lining in your abdomen, making the fluid look pink 	<ul style="list-style-type: none"> • Take your temperature every evening. If your temperature is over 38°C (100.3°F), call your doctor or Community Health nurse. • Let your Community Health nurse know if you see a change in the colour or thickness of the fluid. • Keep one of your drainage bags filled with fluid to show the nurse.



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This information does not replace the advice given to you by your healthcare provider.

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