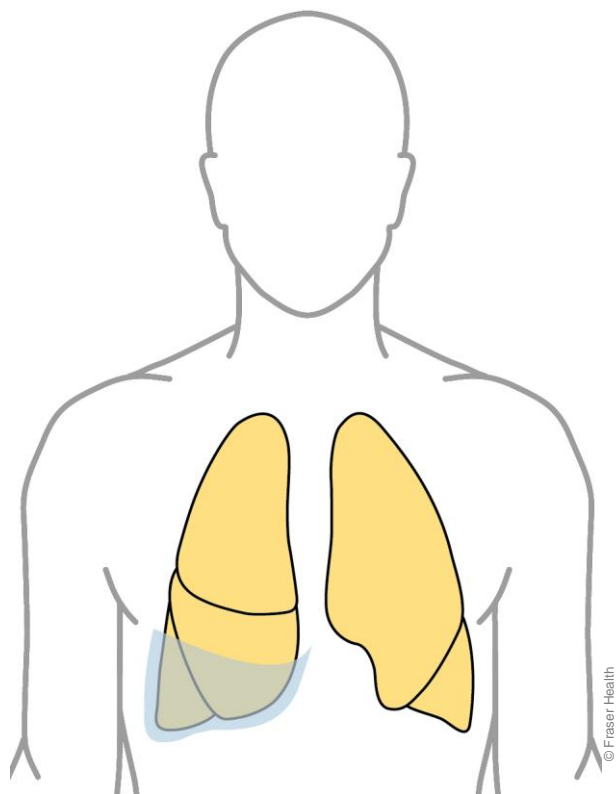


Looking After Your **ASEPT[®]** Chest Catheter At Home



This booklet tells you about your ASEPT® Chest 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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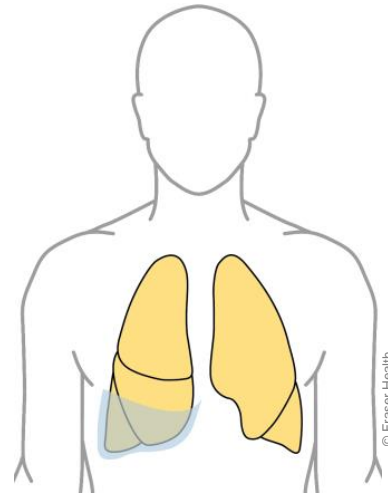
Drainage Table..... 15

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Introduction

A tube called the ASEPT[®] catheter was put into your chest. This tube lets you to drain the extra fluid that builds up around your lung. 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 chest as your doctor said. This will make it easier for you to breathe.



The catheter stays in place until the fluid stops draining from your chest. 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 chest catheter. Talk to your Community Health nurse or doctor about any worries you have. They want to help.

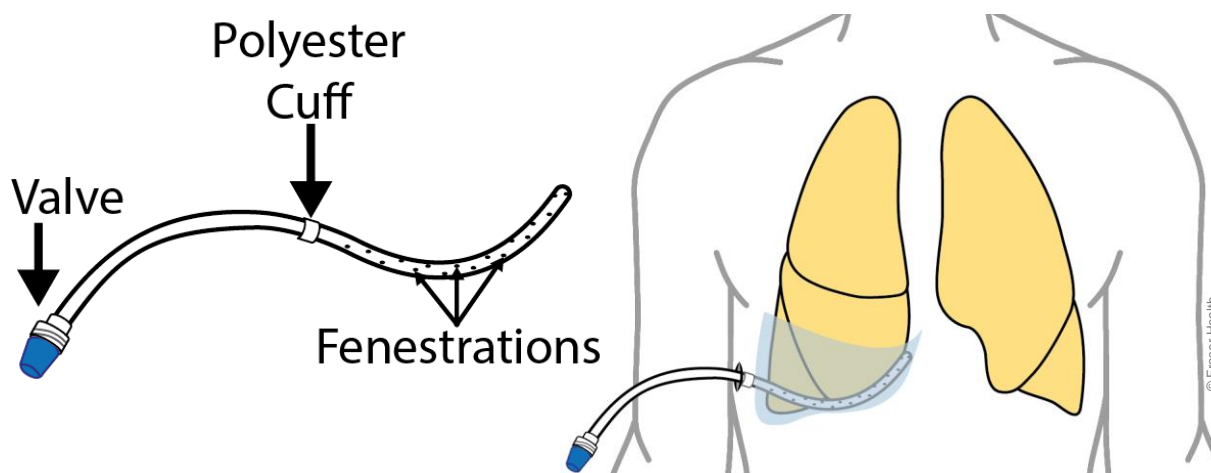
To help your doctor and Community Health nurse see how you are doing:

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

About your ASEPT® catheter

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

- 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 and keeps air from going into the catheter.



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 chest:
 - * 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 allow air to enter into your chest cavity or allow fluid from your chest to leak out through 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 provided 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 vacuum bottle with you.
(We give you an extra bottle 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



MedQuest Medical Inc. used with permission

Draining your ASEPT® catheter

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

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 vacuum bottle:
 - a. Open the plastic packaging.
 - b. Take out the bottle.
 - c. Put it on top of its packaging within reach.



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 chest catheter. Do not pull on the catheter.

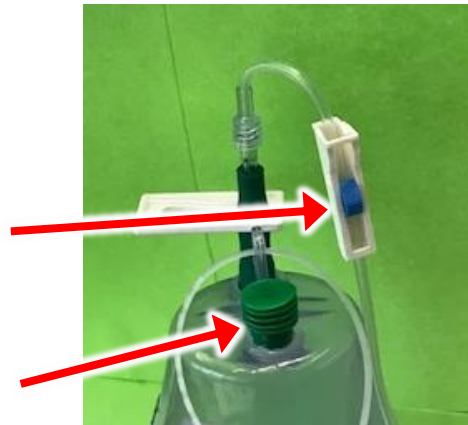
Check:

- 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. Get the vacuum bottle ready:
 - a. Take off the paper that holds the tubing.
 - b. Close the white roller clamp on the tubing by rolling the 'wheel' downwards.
 - c. Check that the green vacuum indicator is compressed down.



14. Open 3 of the alcohol wipes in the Procedure Kit.
Set them on the dressing tray.

15. Twist off the blue cap covering the tip of the drainage tube on the vacuum bottle.

Place the open end of the tube carefully on the dressing tray.



Do not let the open end touch anything.

16. Clean the blue valve on your chest 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.

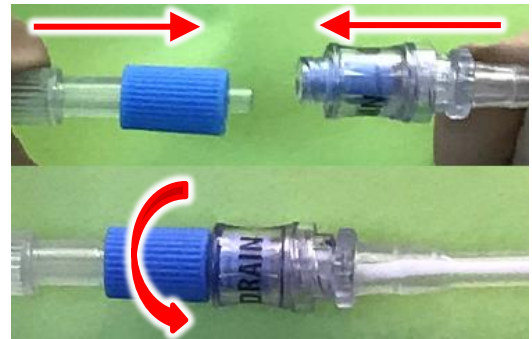


Do not let the open end touch anything.

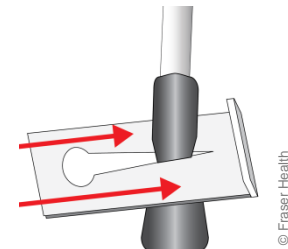
17. Hold your catheter in one hand while you pick up the drainage tube of the vacuum bottle with your other hand.

18. 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.

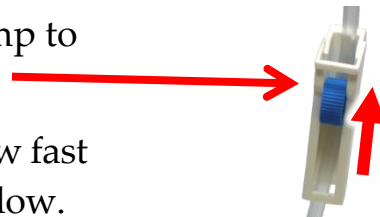


19. Open the white slide clamp at the top of the vacuum bottle.



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

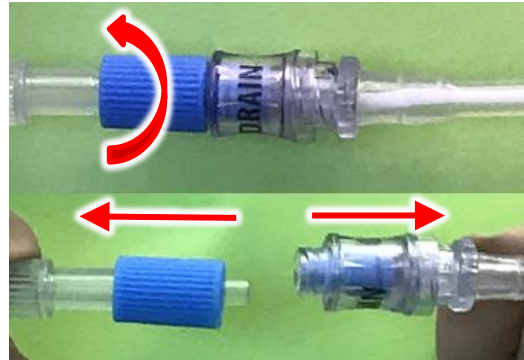
Use the roller clamp to control how fast the fluid drains. It is best to start slow.



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

Stop the drain if you fill the bag with 1000 millilitres (mL) of fluid.

21. Close the white roller clamp when you have drained off the amount you were told to drain (up to 1000mL).
22. Disconnect the vacuum bottle tubing from the chest catheter:
 - a. Hold the chest catheter in one hand.
 - b. Use your other hand to untwist the spin collar and open the connection.
 - c. Pull the tip of the drainage tubing out of the chest catheter valve.



23. Clean the blue valve on your chest catheter with an alcohol wipe for 30 seconds.
Let it dry completely.

24. Leave your gloves on.

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

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.

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 chest 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 chest catheter.
 - c. Coil the chest catheter tubing.
 - d. Hold it on top of the foam pad.



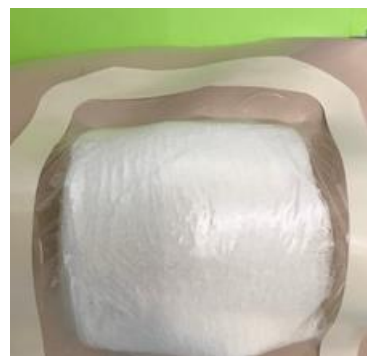
4. Cover the tubing and foam pad with 2 or 3 gauze pads.

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



How to Put on a New 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 vacuum bottle 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 chest catheter gets damaged, cut, or broken	<p>This is an emergency!</p> <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 doctor or go to the nearest Emergency Department right away.
The chest 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 your doctor or go to the nearest Emergency Department right away.
Pain when draining fluid Why? - Caused by your lung as it returns to its usual 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.

Problem	What you should do
<p>Feel short of breath after you drain fluid</p> <p><i>Why?</i></p> <ul style="list-style-type: none"> - Still have fluid in your chest - Catheter is plugged - No fluid to drain - You feel short of breath for another reason 	<ul style="list-style-type: none"> • Use the Drainage Table to keep a record of each time you drain and how you feel afterwards. • Make sure to drain the amount of fluid you have been told to drain. • Talk to your Community Health nurse about draining your chest more often. Remember to never drain more than 1000mL at one time. • If you are not able to manage, call your doctor or go to the nearest Emergency Department right away.
<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.
<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.

Problem	What you should do
<p>Fluid from your chest 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 that covers your lung and make the fluid pink-tinged 	<ul style="list-style-type: none"> • Take your temperature every evening. If your temperature is over 38°C (100.3°F), call your doctor. • Let your doctor or Community Health nurse know you see a change in the colour or thickness of the fluid. • Keep one of your drainage bottles filled with fluid to show the doctor or nurse.
<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 1000mL at any one time. • Talk to your doctor or Community Health nurse if you keep feeling faint or dizzy.
<p>Vacuum bottle has no suction</p> <p><i>Why?</i></p> <ul style="list-style-type: none"> - Could be a faulty bottle 	<ul style="list-style-type: none"> • Clamp the catheter. • Change to a new bottle and tubing set up. • Keep the problem bottle to give to the Community Health nurse.

Problem	What you should do
No fluid drains into the vacuum bottle <i>Why?</i> - Might not have any more fluid to drain - Catheter is plugged	<ul style="list-style-type: none">• If you drain less than 50mL two times in a row, call your doctor. Your catheter may need to be checked.• If you feel short of breath <u>and</u> your catheter is not draining, call your doctor or Community Health nurse right away.



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

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To order: patienteduc.fraserhealth.ca

