

PleurX[®] Chest Catheter

Information for Patients and Families

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This information does not replace the advice given to you by your healthcare provider
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What to look for	What to do
<p>Your shortness of breath is unrelieved after drainage</p> <p><i>Why?</i></p> <ul style="list-style-type: none"> - There might not be any more fluid in your chest. - The catheter could be plugged. 	<p>Call your doctor right away if you feel short of breath <u>and</u> your catheter is not draining.</p>
<p>The drainage bottle has no suction</p>	<ul style="list-style-type: none"> • Clamp the catheter. • Change to a new bottle.
<p>No fluid drains into the vacuum bottle</p> <p><i>Why?</i></p> <ul style="list-style-type: none"> - There might not be any more fluid in your chest. - The catheter could be plugged. 	<ul style="list-style-type: none"> • Call your doctor if you drain less than 50 mL two times in a row. Your doctor might remove the catheter if fluid is no longer building up in your chest • Call your doctor right away if you feel short of breath <u>and</u> your catheter is not draining.

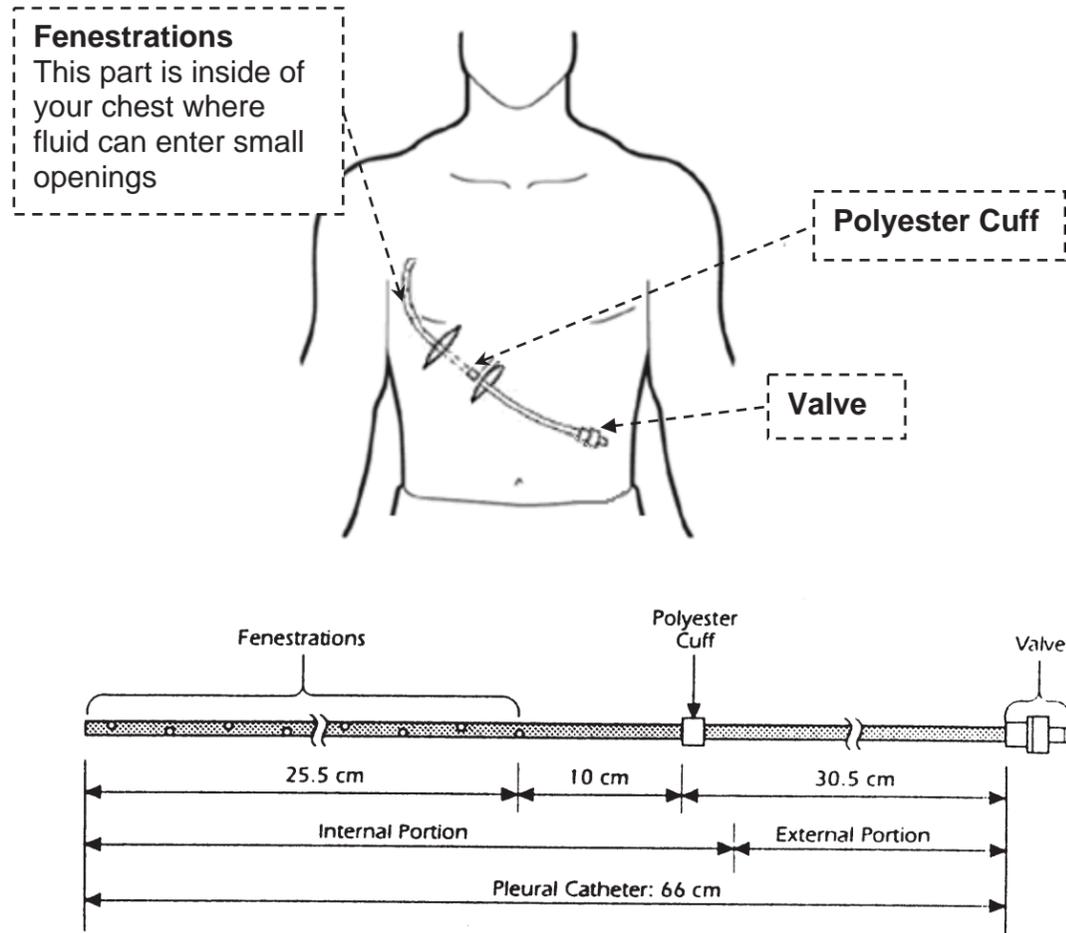
Introduction

A tube called the PleurX® chest catheter has been placed in your chest. This tube allows you to drain the extra fluid that builds up around your lung. Your doctor has chosen this method of treatment so you can be at home rather than spending several days to a week or more in the hospital to treat your shortness of breath.

It is very important for you to drain fluid from your chest as your doctor has instructed you to do it. This will relieve your shortness of breath and help get rid of the fluid so the catheter can be removed.

About your PleurX® catheter

- The part of the catheter that is inside your chest has several small holes (called fenestrations) in it so fluid can enter the catheter.
- The PleurX® chest catheter has a polyester cuff that is normally under the skin where the catheter is inserted and helps to keep the catheter in place.
- The valve at the outer end of the catheter prevents fluid from leaking out of the catheter and prevents any air from entering the catheter.



PleurX® Chest Catheter Care

What to look for	What to do
<p>Skin around the tube site is 'red' and sore to touch Maybe yellow- or green-tinged pus coming from the site</p> <p><i>Why?</i></p> <ul style="list-style-type: none"> - You might have an infection. 	<ul style="list-style-type: none"> • Take your temperature. • Call your doctor if your temperature is over 38°C (100.3°F).
<p>The fluid drained from your chest changes colour</p> <p><i>Why?</i></p> <ul style="list-style-type: none"> - You might have an infection. - The catheter can irritate the lining covering your lung and this can make your drainage look 'pinkish' tinged. 	<ul style="list-style-type: none"> • Remember to check your temperature every evening. • Call your doctor if you notice any change in the colour or thickness of the fluid. • Keep one of your drainage bottles filled with fluid to show the doctor.
<p>Feel faint (or dizzy) and tired after draining fluid</p> <p><i>Why?</i></p> <ul style="list-style-type: none"> - You can become dehydrated when draining a lot of fluid from your chest. 	<ul style="list-style-type: none"> • On the day that you drain your chest, try to drink more fluids like water, protein drinks (such as Boost®), and soups. • Do not drain more than 1000mL at one time. • Call your doctor if you continue to feel faint or dizzy.

PleurX® Chest Catheter Care

What to look for	What to do
<p>Pain with chest drainage</p> <p><i>Why?</i></p> <ul style="list-style-type: none"> - This pain is caused by your lung re-expanding - It usually happens during the first few times the chest is drained 	<ul style="list-style-type: none"> • Clamp the drainage or slow the drainage speed down. • Follow the instructions your doctor gave you about what to do if pain happens. • Call your doctor or Home Care nurse.
<p>Shortness of breath after finishing draining your chest</p> <p><i>Why?</i></p> <ul style="list-style-type: none"> - You may need to drain your chest more often to keep your chest free of fluid 	<ul style="list-style-type: none"> • Drain the amount of fluid your doctor has told you to drain • Call your doctor. • Keep a record of: <ul style="list-style-type: none"> - date and time of drains - amount of fluid drained from your chest - how easy or difficult your breathing was before and after you have drained - any pain or discomfort • Do not drain more than 1000mL at one time.

General care and safety

- Always take your temperature every evening.
- Protect your chest catheter.
 - **Do not use anything sharp like scissors or pins around your catheter.**
- To drain the fluid from your chest:
 - Use only the items in the PleurX® Drainage Kit.
 - Do not put anything except the access tip of the drainage line into the PleurX® catheter valve.

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.

Going to the Emergency Department or a Walk-in Clinic

If you ever need to go to the hospital or a walk-in clinic:

- **Do not let a doctor or a nurse use anything on your catheter except what is in the drainage kit.**
- Always bring the extra drainage kit with you (We give you an extra kit to keep at home).
- Always bring this information booklet and your wallet card.
- Ask the Emergency or Walk-in Clinic doctor or nurse to contact the doctor who put the PleurX® catheter in place. Confirm that the doctor was contacted.

Solving Problems

What to look for	What to do
<p>If the catheter accidentally becomes damaged, cut or broken, it cannot be fixed and must be taken out by a doctor.</p>	<p>Immediately follow these steps: Pinch the catheter site closed between your fingers. From your drainage kit, slide one of the blue clamps over the catheter and clamp it. If you do not have a blue slide clamp, bend the catheter and tape it in this position. Call your doctor or go to the nearest Emergency Department right away</p>
<p>In the very unlikely event that the chest catheter is pulled out:</p>	<p>Cover the exit site with a sterile dressing. Call your doctor or go to the nearest Emergency Department right away.</p>

Catheter Removal

The catheter will be in your chest until fluid stops draining from your chest. The amount of time will vary from person to person, anywhere from a few weeks to several months.

Write down the date, time, and amount of your drains. Record how your breathing feels before and after draining (e.g. more short of breath, less short of breath, any discomfort or pain). This will help your Home Care nurse and doctor follow your progress.

When your chest is no longer draining fluid, the doctor may remove the catheter in the hospital. Call your Home Care nurse or doctor if you have any concerns or questions about how you are feeling and how the chest catheter is working.

It is normal to feel overwhelmed and upset when first learning how to adapt to the chest catheter. If you have feelings of frustration or hopelessness that stay a long time or get worse, talk to your Home Care nurse or doctor. They want to help.

Supplies

To drain the catheter, you will use the specially designed drainage sets provided by the company that made your PleurX® catheter.

You will need another person to help you to drain your catheter. It is best to have the same person help you each time.

The nurse will teach you and your regular helper how to drain your catheter.

What the kit includes:

- * 1 – Plastic Vacuum Bottle with Drainage Lines (1000mL)
- * 1 – Procedure Pack, containing the following sterile items:

1 – Self-Adhesive Dressing **(A)**

Blue Wrapping (Wrapped around the following items) **(B)**

3 – Alcohol Cleaning Pads **(C)**

1 – Pair of Gloves **(D)**

1 – Valve Cap **(E)**

1 – Blue **Emergency** Slide Clamp **(F)**
(for emergencies if the catheter gets damaged)

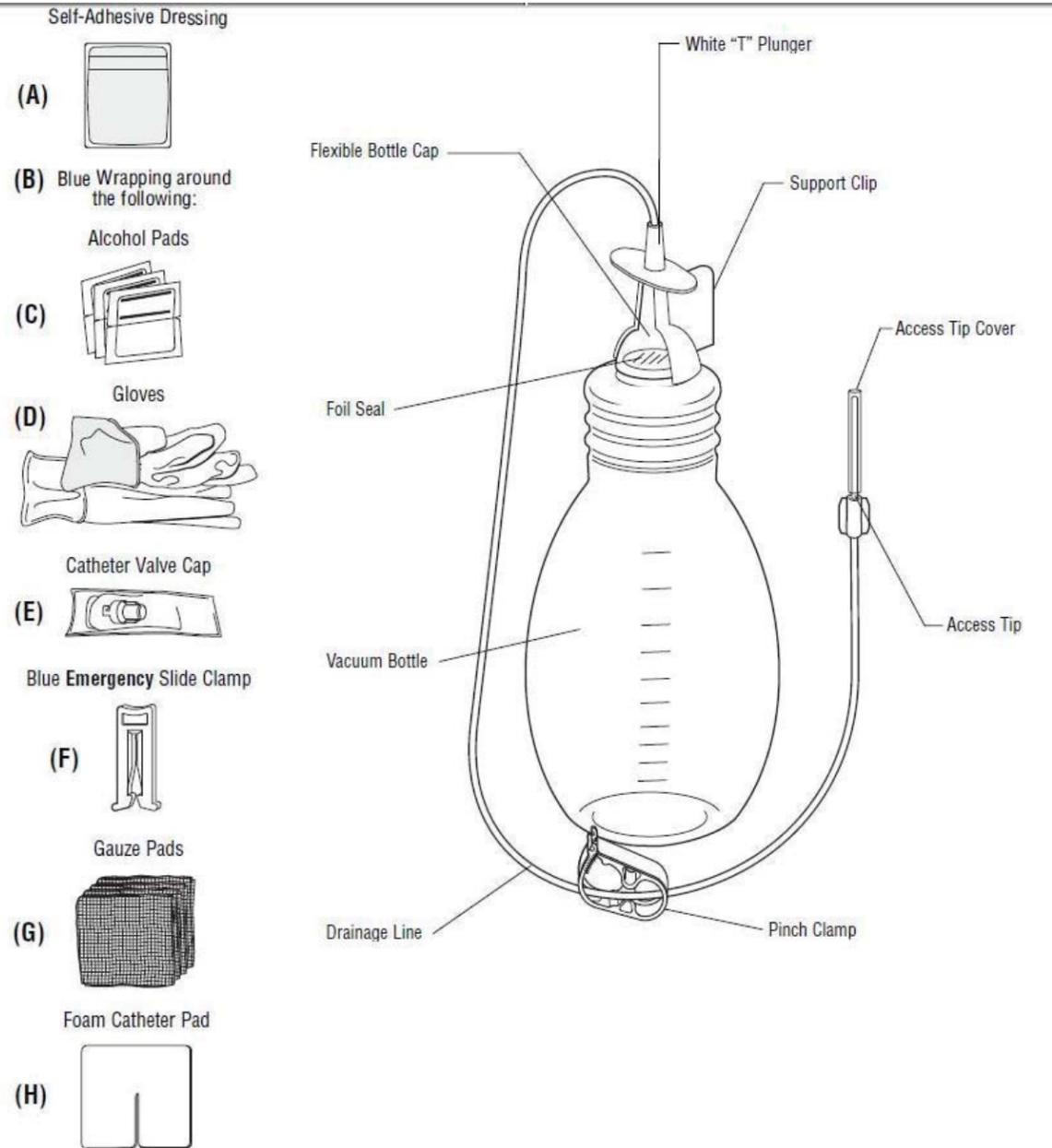
4 – Gauze Pads 4" x 4" (10cm x 10cm) **(G)**

1 – Foam Catheter Pad **(H)**

(See image on page 6)

Check to make sure you have all the items

PleurX® Drainage Set



Disposing of the full bottles

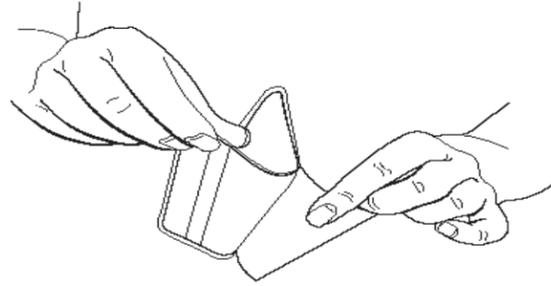
1. Place the full bottle of drained fluid into one of the plastic 'Biohazard' bags the Home Care nurse has given you.
2. Close the zipper seal at the top of the bag.
3. Place the bag into the yellow bucket and put the lid on loosely.
4. When the bucket is full, call Stericycle® to pick up waste.

604-552-1011 press 1 and/or ext. 203

Stericycle® will pick up and deliver of new waste container.

If you are draining large amounts of fluid, you can ask Stericycle® for 2 to 3 yellow buckets to hold your waste supplies.

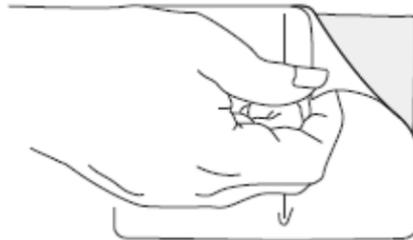
6. Take the self-adhesive dressing and peel away the large of the two white pieces of paper backing.



7. Center the dressing over the gauze pads and press it down.
8. Remove the second half of the paper backing and press down.



9. Remove the shiny plastic covering from the front of the dressing by slowly peeling away.



10. Make sure the dressing is secure.

If it starts to lift off, reinforce with an extra clear dressing and tell your Home Care nurse.

How to drain your PleurX® catheter

A Home Care nurse will teach you how to drain your chest using 'clean' technique.

The most important things to keep very clean and not to touch with your fingers:

- The valve end of your catheter
- The tip of the tube on the drainage bottle—this is the 'access tip'

You must clean the skin around your catheter each time you drain it to prevent infection.

Your skin must also be cleaned and the dressing changed if you can see or feel that the gauze under the clear dressing is wet.

If you do not need to drain the catheter, you still have to change your dressing once every 7 days. The nurse will give you supplies to use when you are changing it but not needing to drain the catheter. These supplies will look different from what comes in the kit. The Home Care nurse will talk with you about them.

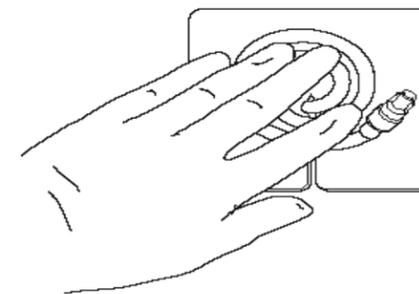
Preparing to drain your catheter

1. Set up a clean, clear workspace on a table or counter.
2. Thoroughly wash your hands with soap and water for one minute.
3. Ask your helper to also wash his or her hands the same way.
4. Remove the dressing from over your catheter, or have your helper remove it. **Do not use anything sharp near your catheter.**
If you see any redness, swelling, or fluid around the catheter, finish this drainage procedure and contact your doctor or nurse.
5. Thoroughly wash your hands again with soap and water.
6. Open the drainage kit bag.
7. Remove the Procedure Pack pouch.
8. Open the Procedure Pack pouch.
9. Set the adhesive dressing aside.
10. Set the bundle with blue wrapping on your workspace with the flap side up.

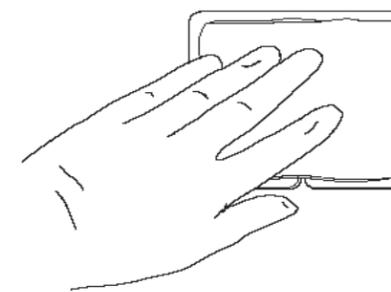
Steps for hand washing

1. Wash your hands with soap and water.
2. Wash them for one minute, washing the palm, the back of the hand and your finger tips with soap.
3. Rinse thoroughly and dry your hands with a clean towel that has not been used before.

3. Coil the catheter into loops and place it over the foam pad.



4. Cover the catheter with the gauze pads and hold in place.



5. Ask your helper to secure the dressing to your chest with the self-adhesive dressing. You may need to remove your gloves to make it easier to handle the new dressing.

The self-adhesive dressing has three layers:

- a. Clear shiny plastic covering
- b. Clear wound dressing
- c. Two piece white paper backing

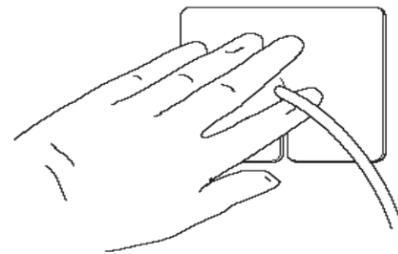
Place a new dressing

1. Clean the skin around your catheter site with a new alcohol pad. Always allow the area to dry completely.

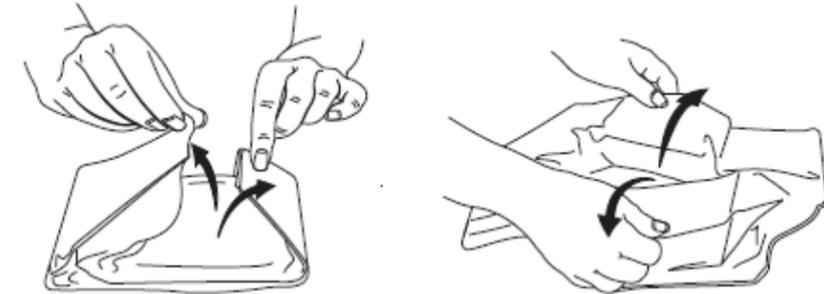
Never use anything but the alcohol pads provided to clean around the catheter site. **Do not** apply creams around the tube site unless directed to do so by a doctor.



2. Place the foam pad around the catheter.



11. Carefully unfold the blue wrapping as shown by pulling on the outside of the wrapping.

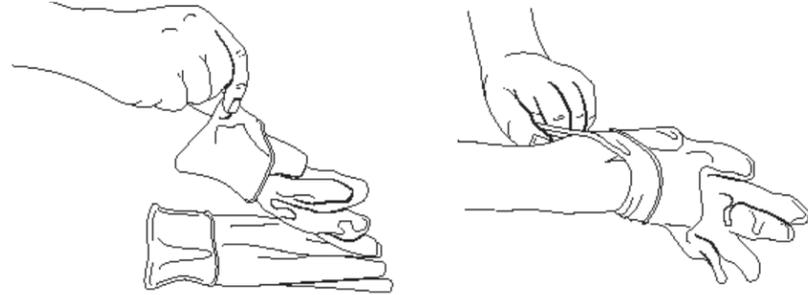


Leave the enclosed items on the wrapping. These items and the inside of the wrapping are sterile.

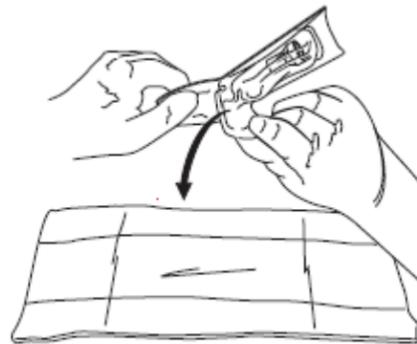
Do not touch them with your bare hands or other non-sterile items.

12. Remove the bottle with the drainage line from the bag.
It is important that the access tip remains sterile. If the cover has fallen off the tip, make sure you do not touch the tip with your bare hands or anything non-sterile. The access tip can only touch the blue wrapping.
13. Set the bottle near the blue wrapping.
14. Remove the paper tape from the drainage line and uncoil the drainage line.
15. Place the access tip on the blue wrapping.

- Put on gloves as shown. Be careful not to let the outside of the gloves touch anything non-sterile, such as your skin or clothing.



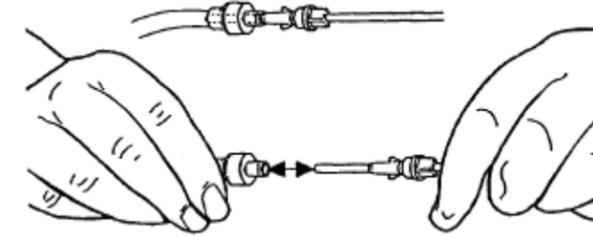
- Peel the pouch containing the valve cap open. Let the cap fall onto the blue wrapping.



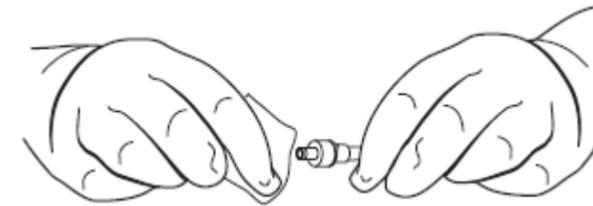
- Tear open the three alcohol pads, but do not remove the pads from their pouches. Place them on the blue wrapping.

Ending the drain

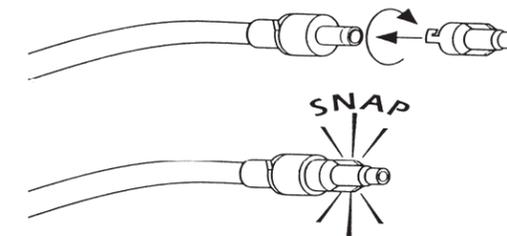
- Grasp the drainage tube and pull the access tip out of the catheter valve. Set the used drainage line down.



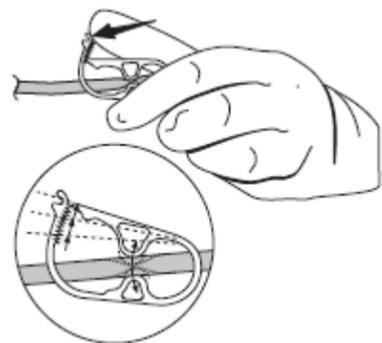
- Clean the catheter valve with a new alcohol pad. Allow the valve to dry completely.



- Place a new cap over the catheter valve. Twist it clockwise until it snaps into its locked position as shown.



3. Release the pinch clamp on the drainage tube as shown. Fluid will immediately flow into the bottle.



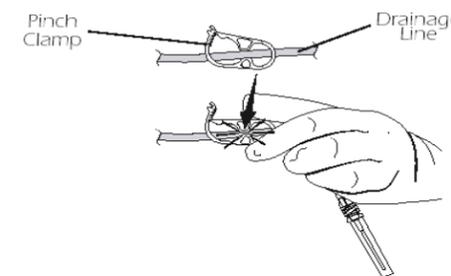
Note: If you feel pain during drainage, **follow what your doctor has told you** (refer to solving problems section). You can either partly close or completely close the pinch clamp to slow down or stop the drainage. Some doctors say not to restart the drainage if you feel pain. Others say to wait until the pain goes away before draining again and to stop if the pain comes back a second time.

4. The flow will stop when there is no more fluid in your chest or the bottle is full. It might slow down after the bottle is half full, but wait until it stops completely.
5. When the flow stops or the bottle is filled, squeeze the pinch clamp on the drainage line completely closed.

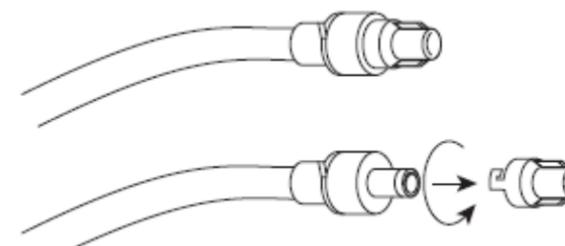
Connect the drainage bottle

1. Squeeze the pinch clamp on the drainage line completely closed.

If you miss this step, your bottle **will not** have suction to drain your chest.



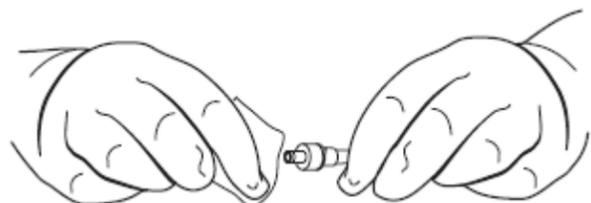
2. Hold the base of your catheter valve.
3. Remove the cap by twisting it counter clockwise and pulling gently. Be sure not to touch the end of the catheter with your gloved hands.



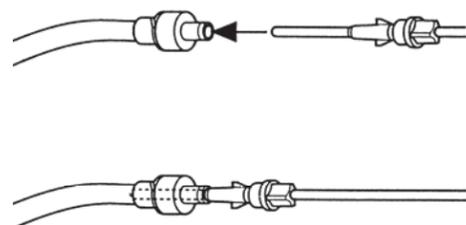
4. Discard the cap.

5. While holding the base of your catheter valve in one hand, clean around the valve opening with an alcohol pad.

Do not try to push the pad inside the valve.

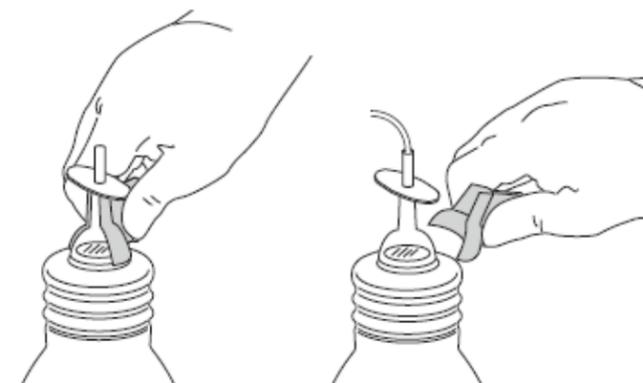


6. Continue holding the catheter near the valve.
7. Pick up the drainage line with your other hand.
8. Remove the access tip cover and insert the access tip securely into the catheter valve.
9. Continue to push the tip in until it is flush with the valve.



Drain fluid

1. Remove the white plastic support clip from the vacuum bottle by grasping it and pulling outward as shown.



2. Grasp the bottle at the top and between your second and third fingers. Apply pressure to the white plunger until it pushes through the top of the bottle and punctures the foil seal.

