

# Tracheostomy Corking Trial

## Community Respiratory Services

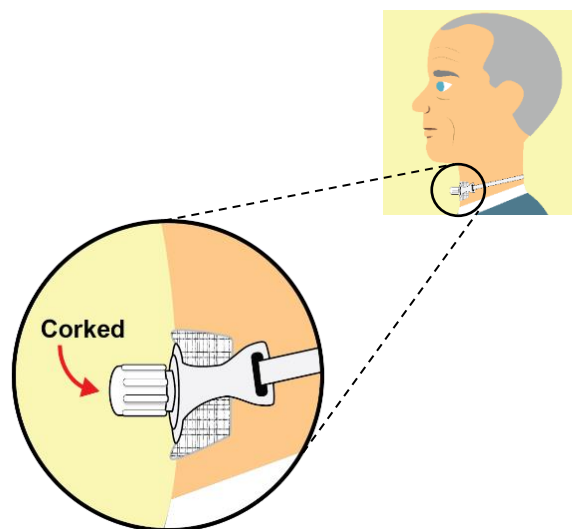
Your doctor decided you are ready for the corking of your tracheostomy tube. This is the first stage of having the tube removed.

A cork is a plastic cap that you place on the end of the inner cannula.

When the cork is on the inner cannula, you will notice each of the following:

- No air passes through your tracheostomy tube.
- You breathe through your mouth and nose.
- You can speak more easily.
- When you cough, your secretions go into your mouth, not your tracheostomy tube.

If you use oxygen, make sure you use nasal prongs in your nose when the inner cannula is corked.



### How to use the cork

The cork fits easily onto the end of the inner cannula.

To remove the cork, gently twist and pull the cork while holding the tracheostomy tube flange to keep the tube in place.

### Important safety information

Remove the cork immediately if:

- You feel short of breath.
- You cannot clear secretions into your mouth.
- Your voice becomes quieter.

**If your breathing does not improve** with coughing, suctioning, or changing the inner cannula, **call 911**.

### Stage I: Awake corking

Wear the cork during the day while you are awake, for the first week or longer.

Remove the cork for sleep and naps.

Remove the cork for tracheostomy care and changing the inner cannula.

You will receive a telephone call from the respiratory therapist during the first few days. After one week, the therapist will follow up at your home.

Let the therapist know if there are any problems, including shortness of breath, difficulty clearing secretions, or problems with your voice.

If the therapist determines you are ready, you will begin Stage II.

### Stage II: 24-hour corking

Wear the cork 24 hours a day, even while you sleep.

Remove the cork for changing the inner cannula.

You will get a telephone call from the respiratory therapist in a week to ask how your corking trial is going.

Let the therapist know if there are any problems, including shortness of breath, difficulty clearing secretions, or problems with your voice.

The therapist will contact your doctor and let them know how your corking trial is going. Your doctor will then decide if you are ready to have your tracheostomy tube removed.

Call **Community Respiratory Services** if you remove the cork during the day for any of these reasons:

- shortness of breath
- clearing secretions
- problems with your voice

**604-514-6106**