

# Suction Equipment For Airway Clearance Instructions



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for your home care needs.**

You can reach us by calling **651-644-9770** or **800-514-9979**

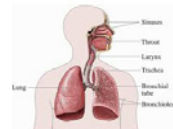
# Introduction to Suction

## Secretion Clearance

Coughing is important to clear out secretions from the airway. Some patients with respiratory illness have weak coughs and have difficulty getting the secretions out of the airway. Secretions can obstruct the airway making it difficult for the lungs to get the oxygen they need. Suctioning removes the secretions from the airways which will allow the patient to breathe better. Suctioning can be done either by performing a sterile procedure or a clean procedure. Gloves are to be worn for either. The clean technique seems to be accepted in the respiratory community for most home environments.

## Suction Method

- \_\_\_\_\_ Tracheostomy
- \_\_\_\_\_ (Oral via mouth)
- \_\_\_\_\_ Nasopharyngeal (through the nostrils)



Respiratory System

## Infection Control

1. Wash hands before procedures and after procedures (see hand washing technique card in folder)
2. Clean all equipment and discard all supplies as directed
3. Notify doctor if you see red inflamed skin around the stoma (trach tube site), have foul smelling mucus, or bright red blood in mucus

## **When should I suction?**

- “Rattling” breathing sounds are heard
- Mucous bubbles up in the throat or airway tube (tracheostomy tube)
- When placing hand on the person’s chest you can feel vibration or “rattling” from congestion
- When the person tells you it is needed (when it is hard to breathe)
- Try having the person cough first - sometimes the person may not need to be suctioned if he/she is able to remove the mucous with a good cough

## **Precautions**

- Only have people who are trained by a health care professional to perform suctioning
- Always have an extra trach tube on hand
- Always have enough supplies and suctioning items to perform this procedure
- Take your portable suction with you when you travel whether you need it or not you will have it in case emergency arises

## Suction Plan

### Tracheostomy Tube Information

Change schedule:

Monthly: \_\_\_\_\_

Quarterly: \_\_\_\_\_

PRN \_\_\_\_\_ (usually done in clinic)

Clean tracheal tube and skin care. Times per day: \_\_\_\_\_

Tracheostomy manufacturer: \_\_\_\_\_

Type: \_\_\_\_\_ Size: \_\_\_\_\_

Tracheostomy tube characteristics:

ID. \_\_\_\_\_ OD. \_\_\_\_\_ Cuffed \_\_\_\_\_ Non – Cuffed \_\_\_\_\_

Miscellaneous supplies: \_\_\_\_\_

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Additional notes: \_\_\_\_\_

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## Prescription

A suction machine is ordered by your treating physician, usually as a PRN (as needed) procedure for when you need to clear your airway (secretion clearance). Your physician will usually indicate what route for suctioning. Example: through tracheostomy tube or oral area (mouth) and sometimes nasopharyngeal (through nasal area).

### *Route:*

As needed to clear secretions in oral area \_\_\_\_\_

Tracheostomy Tube \_\_\_\_\_ Stoma area \_\_\_\_\_ Nasopharyngeal \_\_\_\_\_

### *Usage:*

Times per day \_\_\_\_\_

### *Device:*

Yankauer tip device \_\_\_\_\_

Tracheal suction catheter kit: Size \_\_\_\_\_ FR

**NOTE:** Always check with your health care professional if unsure of your cares.

## Equipment (Portable Suction Unit)

- Unit
- Canister
- Connecting tube (6 feet)
- Power system
- DC power adapter (car)
- Filter
- Carrying bag



Most stationary suction units are the same as the portable unit just “no internal battery.” Stationary is used primarily at the bedside, and not intended for travel.

## Getting Started

It is important to wash your hands before and after suctioning. There are sterile packaged kits with gloves, “ready to go”. Most patients and or caregivers are in their own home and are taught before discharge sterile suction technique, so it is important to have all care givers as well as yourself to follow hand washing technique and be as careful as possible to not contaminate the tubing or supplies.

### What are Suctioning Devices?

#### Yankauer Device

Yankauer is used primarily for oral mouth suctioning. (NEVER USE YANKAUER FOR TRACHEAL SUCTIONING.)

#### Suction Catheter Kits

Come in different size tube diameters and are primarily used for tracheal tube suctioning.

### What is Lavage?

This procedure is used for those who have very thick secretions, and to help thin secretions or to stimulate coughing. It is done in conjunction with suctioning. It is the instillation into the trachea of sterile normal saline about 3-5 cc, via pre filled vials (unit dose) or needleless syringe. This procedure needs to be monitored carefully by caregiver and usually prescribed by doctor as part of suctioning procedure. Please check with your doctor before using this procedure.

## What Problems Might I Have?

With many different types of airway clearance therapies, people respond differently to certain suctioning methods. Because of this, problems may arise. By following your care plan from your health professionals and taking extra precautions, you can avoid some of these situations.

Below maybe some of the situations that could happen:

- Bleeding in nasal areas
- Bleeding in tracheostomy area
- Equipment malfunction
- Airway infection (red inflamed skin around throat, foul smelling mucus)
- Trach tube falls out
- Low oxygen levels
- Trauma to the oral, tracheal, or airway mucosa

Always remember if any life-threatening emergency should happen you must use your emergency services and seek immediate medical attention. Handi Medical Supply is not your emergency provider.

## Warnings

Always wash your hands prior to working with your suction equipment.

For more information please see the “hand wash” card provided in the folder that details when and how to wash your hands.

# Operation of the Suction Unit

## Tips

- Always wash your hands before and after suctioning
- Always wear gloves when suctioning
- Make sure to follow either the sterile or clean technique that you were shown prior to discharge from hospital
- Properly discard used suction catheters and supplies
- Suctioning should only be done when necessary
- Keep up with ordering new supplies
- Check the function of your equipment regularly
- Take your suction unit with you when traveling or short trips

## Precautions

- Make sure you are using the proper size and correct suction device
- Make sure caregivers are wearing proper protective equipment
- Make sure proper vacuum settings of suction unit
- Make sure you have “trained” caregivers helping with cares
- Make sure that the patient is well oxygenated prior to suctioning
- If artificial airway, make sure tracheostomy tube is in place and secure

## Vacuum Settings

Suction machines have a negative pressure when applied to the airway, so the secretions can be removed. Each machine comes with a vacuum gauge. The recommended ranges are:

**Adults:** -80 to -120mmHg

**Children:** -80 to -100 mmHg

**Infants:** -60 to -80 mmHg



There will also usually be a container (canister) for the secretions to accumulate in, a connection tube that attaches to the suction catheter, a short tube that connects to the machine pump, and a bacterial filter. Each suction unit will have its own operational set-up. Check specific owner's manual for proper set-up.

## Parts

- Electrical plugs: AC and DC plug for external battery use
- On /off switch
- Charge indicator lights
- Filter (depending on unit - in-line or attached to unit)
- Canister with lid

## Suction Procedure

1. Connect the short, clear plastic tubing to the canister lid "VACUUM" port and the other end to suction machine.
2. Connect the long, clear plastic 6 foot connecting tube on to the "PATIENT" port on the canister lid.
3. Plug the machine into a standard grounded wall outlet.
4. Turn the machine on and occlude the end of the long 6 foot connecting tube. (*Adjust the regulator setting according to the recommended vacuum setting.*)
  - Clockwise – increases the suction
  - Counterclockwise – decreases the suction
5. Empty and clean the canister at least once a day, or whenever the fluid level reaches the full line. Flush the fluid down the toilet.
6. Before the canister is returned to unit it should be washed with a mild, non-detergent soap such as Ivory liquid or baby shampoo and water. Rinse well with hot water.

***(See specific unit manual for operation steps - most lids on canister have indicators markings.)***

## Managing My Supplies

- A Handi Medical Supply employee will bring enough supplies to get you started.
- The Handi Medical Supply employee who does your initial instructions will also go over with you or your family some ideas of storage and replenishment.
- You can easily reorder your supplies through our website at [www.handimedical.com](http://www.handimedical.com). We also have a reminder call program in which you receive a call every month when it is time to place a reorder. To be added to this program, please contact our customer service department at 651-644-9770.

## My Healthcare Professional

Your ordering physician:

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Phone number:

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Clinic:

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## **Home Care Equipment Company**

### **Handi Medical Supply – Headquarters**

2505 University Ave W., St. Paul, MN 55114

*Phone:* **651-644-9770 or 800-514-9979**

*Fax:* **651-644-0602**

*Hours:* **Monday through Friday: 8:30 a.m.-5 p.m.  
Saturday: 9 a.m.-3 p.m.**

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### **Handi Medical Supply – Mankato Branch**

1400 E Madison Avenue, Suite 336, Mankato, MN 56001

*Phone:* **507-779-7560**

*Fax:* **507-779-7561**

*Hours:* **Monday through Friday: 8:30 a.m.-5 p.m.**

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**Website:** [www.handimedical.com](http://www.handimedical.com)

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### **Other services provided:**

Durable medical equipment, wound care, ostomy, incontinence and urological supplies, respiratory needs, mobility devices and aids to daily living.

### **Feedback:**

Of course you may call anytime and speak with any of our team members. We will also send out a survey for you to fill out at your convenience.

### **Resources:**

Covidien Healthcare • VGM University • AARC

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### **Notes**

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## **St. Paul**

2505 University Ave W.  
St. Paul, MN 55114

*PHONE* **651-644-9770**

*TOLL FREE* **800-514-9979**

*FAX* **651-644-0602**

## **Mankato**

1400 E Madison Avenue  
Suite 336  
Mankato, MN 56001

*PHONE* **507-779-7560**

*FAX* **507-779-7561**

**handimedical.com**