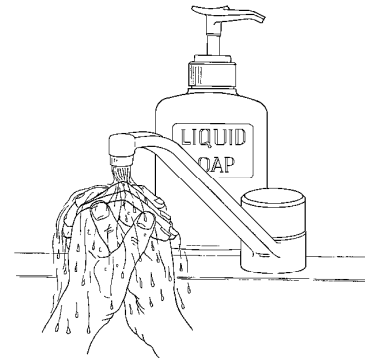


Name of Child: \_\_\_\_\_ Date: \_\_\_\_\_

# **How to Clean Trach Tubes, Suction Catheters, and Breathing Machines**

**Before you start to clean your equipment, be sure that:**

1. Wash your hands with soap and water for at least 30 seconds. Rinse and dry your hands.
2. Clear and clean your work area.
3. Put all the supplies you need out in the work area, so they are ready to use.
4. Clean gloves are near, in case you need them.
5. Put on a clean apron or old shirt over your clothes.  
If you splash or spill dirty water, this will keep the germs off your clothes.



**Wash your hands  
for at least 30 seconds.**

# How to Clean Trach Tubes and Suction Catheters

## When:

## What you need:

- Soap and water
- Sterile water or reverse osmosis water filtered through a 0.2 micron filter
- Brush
- Fluid to kill the germs (a disinfectant):
  - bleach (5 cc of 6% bleach in 8 ounces of water) This is a 1:50 dilution. or
  - 70% isopropyl alcohol or
  - 3% hydrogen peroxide

## What to do:

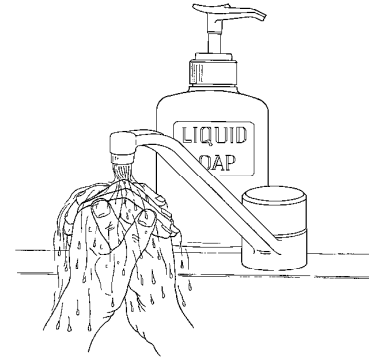
1. Clean the tube or catheter with soap and water. Scrub it with a brush until all the mucus, phlegm, and other body fluids are gone.
2. Rinse the tube or catheter with water until all the soap is gone.
3. Shake extra water off the tube or catheter.
4. Clean the germs off the tube or catheter (disinfect) with the right fluid. Ask your nurse or doctor what fluid is right. The company that makes the tube decides which is best.
  - yes  no bleach (5 cc of 6% bleach in 8 ounces of water):  
soak for 3 minutes
  - yes  no 70% isopropyl alcohol: soak for 5 minutes
  - yes  no 3% hydrogen peroxide: soak for 30 minutes
  - yes  no Boil in water for 5 minutes.
  - yes  no Or, if microwave safe, microwave for 5 minutes

5. Wash your hands with soap and water for at least 30 seconds. Rinse and dry your hands.

6. Rinse all the disinfectant off the tube or catheter with the sterile or reverse osmosis water.

To learn how to make sterile water,  
ask your nurse or doctor for handout #861.

7. Shake extra water off the tube or catheter. Put the tube or catheter on a clean surface to air dry.



**Wash your hands  
for at least 30 seconds.**

8. Throw out the liquid you used to clean the germs off the catheter. Do not use it again.

9. When the tube or catheter is dry, wash your hands with soap and water for at least 30 seconds. Rinse and dry your hands. Put the clean tube or catheter in a plastic bag. Keep it in the bag until you have to use it.

## **How to Clean a Breathing Machine (SVN, aerosol system, or nebulizer)**

### **When:**

Clean your child's breathing machine after every use, or at least one time each day.

### **What you need:**

Soap and water

Brush

A disinfectant:

bleach (5 cc of 6% bleach in 8 ounces of water) This is a 1:50 dilution.

70% isopropyl alcohol

3% hydrogen peroxide

Sterile or reverse osmosis water

## What to do:

1. Unscrew the cup or jar that holds the water or medicine.
2. Take apart the tubes, connectors, and mask or mouthpiece.
3. Clean all the parts with soap and water. Scrub them with a brush until all the mucus, phlegm, and material that should not be there is gone.
4. Rinse the parts with water until all the soap is gone.
5. Shake extra water off each of the parts.
6. Put parts that do not touch mucous membranes on a clean surface to air dry.
7. Clean the germs off (disinfect) parts that touch your child's mucous membranes with the right fluid. Ask your nurse or doctor what fluid is right.
8. After cleaning, reusable items that touch mucous membranes can be disinfected by immersion in one of the following disinfectants: (Please choose one of the following)
  - yes  no household bleach (5 cc of 6% bleach in 8 ounces of water):  
soak for 3 minutes
  - yes  no 70% isopropyl alcohol: soak for 5 minutes
  - yes  no 3% hydrogen peroxide: soak for 30 minutes
  - yes  no Boil in water for 5 minutes.
  - yes  no Or, if microwave safe, microwave for 5 minutes
9. Wash your hands with soap and water for at least 30 seconds. Rinse and dry your hands.

10. Rinse all the disinfectant off the tube or catheter with the sterile or reverse osmosis water.

To learn how to make sterile water, ask your nurse or doctor for handout #861.

11. Shake extra water off the tube or catheter. Hang the tubing to air dry. Put other parts on a clean surface to air dry.

12. Throw out the liquid you used to clean off the germs. Do not use it again.

13. When all the parts are dry, wash your hands with soap and water for at least 30 seconds. Rinse and dry your hands. Put the tubing, connectors, and mask or mouth piece back on the mist machine.

14. Put the other clean parts in a plastic bag. Keep them in the bag until you have to use them.

## Now that you've read this

- Show your nurse or doctor how you clean your child's trach tube. (Check when done.)
- Show your nurse or doctor how you clean a suction catheter. (Check when done.)
- Show your nurse or doctor how you clean your child's breathing machine. (Check when done.)



If you have any questions or concerns,  
 call your child's doctor or  call \_\_\_\_\_

If you want to know more about child health and illness,  
visit our library at The Emily Center at Phoenix Children's Hospital  
1919 East Thomas Road  
Phoenix, AZ 85016  
602-546-1400  
866-933-6459  
[www.phoenixchildrens.com](http://www.phoenixchildrens.com)

**Disclaimer**

The information provided at this site is intended to be general information, and is provided for educational purposes only. It is not intended to take the place of examination, treatment, or consultation with a physician. Phoenix Children's Hospital urges you to contact your physician with any questions you may have about a medical condition.

Friday, January 4, 2008 • DRAFT to family review  
#860 • Written by Dina Schlag, RN and Penny Overgaard, RN • Illustrated by Dennis Swain



# The Emily Center

## How to Clean Trach Tubes, Suction Catheters, and Breathing Machines

**Procedure/Treatment/Home Care**  
Si usted desea esta información en español,  
por favor pídasela a su enfermero o doctor.

Name of Health Care Provider: \_\_\_\_\_ Number: 860  
For office use: Date returned: \_\_\_\_\_  db  nb

## Family Review of Handout

Health care providers: Please teach families with this handout.  
Families: Please let us know what you think of this handout.

Would you say this handout is hard to read?  Yes  No  
easy to read?  Yes  No

Please circle the parts of the handout that were hard to understand.

Would you say this handout is interesting to read?  Yes  No

Why or why not?

Would you do anything differently after reading  
this handout?  Yes  No

If yes, what?

After reading this handout, do you have any  
questions about the subject?  Yes  No

If yes, what?

Is there anything you don't like about the drawings?

Yes

No

If yes, what?

What changes would you make in this handout to make it better or easier to understand?

Please return your review of this handout to your nurse or doctor or send it to the address below.

Fran London, MS, RN  
Health Education Specialist  
The Emily Center  
Phoenix Children's Hospital  
1919 East Thomas Road  
Phoenix, AZ 85016-7710

602-546-1395

[flondon@phoenixchildrens.com](mailto:flondon@phoenixchildrens.com)

**Thank you for helping us!**