

Step-by-Step: Suctioning Your Tracheostomy

Suctioning Your Tracheostomy.

Collect your supplies on clean cloth: manual ventilator bag, suctioning device with catheter tubes, bowl of sterile saline solution; disposable gloves, and extra tracheostomy tube.

Wash your hands with soap and water for at least 20 seconds.
Put on clean disposable gloves.

Attach the catheter to the suction machine. Do not touch the end of the catheter that goes into the trach tube.

Turn on the suction machine to your prescribed pressure.

Dip the tip of the catheter into the cup of sterile saline solution, and place your finger over the suction vent on the catheter.

Take several deep breaths.

With your finger off the suction valve, insert catheter in the trach tube only as far as you have been instructed.

Once the catheter is inserted, apply suction by placing your finger over the suction valve.

While suctioning, slowly pull out the catheter using circular motion for 5 to 10 seconds.

To clear the catheter, put the tip of it into the cup of sterile saline solution and place your finger over the suction valve.

Relax and breathe deeply before repeating, if necessary.

Dispose of solution and gloves.

Wash your hands with soap and water for at least 20 seconds.