

## Head and Neck Cancer Speech and Language Therapy

### How to insert your Dilator if your Valve is dislodged

If the dislodgement of your valve has caused you to experience any difficulties with your breathing please come to the hospital's Accident & Emergency (A&E) Department once your dilator is in, or in an emergency situation dial 999.



1. Ensure you can clearly see your valve puncture (hole where valve normally is) in a mirror and are using a good light source;
2. Get out your dilator;
3. Lubricate the tip. This makes it easier to insert;
4. Direct the dilator into the valve puncture;
5. Fully insert the dilator once you are happy it is going into the valve puncture;
6. Tape the t-bar section of the dilator onto your neck;
7. Contact the SLT team and arrange an appointment.



## Patient Information

If you usually wear a button/tube to prevent stoma shrinkage this will be difficult while the dilator is inserted. If your valve becomes dislodged out of Speech and Language Therapy (SLT) hours and you are concerned your stoma is shrinking without the button/tube in, please go to A&E.

They may insert a new valve or change the dilator for a catheter so you can place your tube/button in over it.

**The Speech and Language Therapy team are available Monday to Friday 8.30am to 4.30pm. If you have any problems with your valve please call or text to make an appointment. We may not be able to see you if you arrive unexpectedly.**

**Telephone: 024 7696 6449. Once an appointment has been made, please come to clinic 11, outpatients, University Hospital Coventry (UHCW).**

## Troubleshooting

The Speech and Language Therapy team are available Monday to Friday 8.30am to 4.30pm. If you have any problems with your valve please call to make an appointment. We may not be able to see you if you arrive unexpectedly.

For emergency cases please come to A&E or if appropriate call 999.

<b>Problem</b>	<b>Short term solution</b>
You are coughing when eating/drinking and on checking your valve it is leaking through or around.	Clean your valve thoroughly. If this does not resolve the leaking, then put your plug in to prevent leakage when you are eating and drinking. Contact SLT to make a valve change appointment.
Your valve becomes dislodged.	Immediately place your dilator into the hole that the valve has been dislodged from. Contact SLT. If out of hours make your way to A&E for advice.

## Patient Information

<b>Problem</b>	<b>Short term solution</b>
The puncture becomes surrounded by raised/thickened skin tissue.	Contact SLT for advice.
Your voice quality deteriorates.	Clean your valve to ensure there is no debris. If this does not improve your voice, contact SLT.
Your voice has become more difficult than usual.	Clean your valve to ensure there is no debris. If this does not improve your voice, contact SLT.
Your Valve appears too long.	Contact SLT for advice.
You notice other problems relating to your valve that are unusual for you.	Contact SLT for advice.

## Further Information

If you have any questions or need further information, please contact the Speech and Language Therapy Team via Telephone on 024 7696 6449 or via 024 7696 4000 (main hospital switchboard) and ask for Bleep 1631.

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 6449 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

### Document History

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