

## Head and Neck Cancer Speech and Language Therapy

### How to Insert your Speaking Valve Plug

Your plug only needs to be worn when you are eating and drinking to prevent food and drink coming through the valve.

You will not be able to use your voice when the plug is in.

1. Attach the plug to the inserter (provided with the plug)
2. Ensure you can clearly see your valve in a mirror and are using a good light source
3. Direct the plug into the valve centre (where you insert the cleaning brush)
4. Push the plug in firmly
5. Gently remove the inserter. If the plug comes away with the inserter, repeat steps 1-4 again
6. Once the plug is in firmly, tape the tag of the plug to your neck
7. Contact the Speech and language Therapy (SLT) team for a valve change appointment

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.

Tel: 024 7696 6449

Please come to Clinic 11 Outpatients Department for your appointment at University Hospital Coventry (UHCW)



## Patient Information

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

The Trust operates a smoke free policy.

| <b>Document History</b> |                 |
|-------------------------|-----------------|
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