

## Head and Neck Cancer & Speech and Language Therapy

### How to insert your speaking valve plug

Your plug only needs to be worn when you're eating and drinking. The plug prevents 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. Make you're using a good light source and you can clearly see your valve in a mirror
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

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 024 7696 6449 or text to make an appointment. We may not be able to see you if you arrive unexpectedly.



## Patient Information

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

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

The Trust operates a smoke-free policy.

### Did we get it right?

We would like you to tell us what you think about our services. This helps us make further improvements and recognise members of staff who provide a good service.

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