Patient Information

University Hospitals Coventry and Warwickshire NHS Trust

Speech and Language Therapy

Daily cleaning of your exdwelling valve

Clean your valve (while positioned in your neck) every morning or more if it gets blocked with mucous (especially if you have a chest infection).

- Thoroughly clean your hands in soap and water before cleaning your valve.
- Whilst holding the tag, clean the mucous from in and around the valve with your brush.
- Remember to hold the tag.
- If debris is removed, clean the brush in tap water and repeat until the brush is clean.
- If thick debris is difficult to remove from the front of your valve, moisten some gauze, wrap tightly around your finger, and gently clean the whole area. Repeat until the debris is removed.

Do:

✓ Make sure that the valve is not dislodged during cleaning - you will notice the valve sticking out further.

✓ Remove and replace the valve as directed by Speech and Language Therapy (SLT).

✓ Replace the brush regularly.

Do not:

- Do not leave the house without your dilator in case the valve comes out.
- Do not put anything except the brush into the valve.
- Do not leave the house without your brush.

The Speech and Language Therapy team usually advise that valves should be changed once a month. If your valve starts to leak before this time, change your valve and let the Speech and Language Therapy team know.

For more information, contact the Speech and Language Therapy Team on 024 7696 6449.

Refer to your handout on ‘how to change your valve’ when you need to change it.

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.

Did we get it right?

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

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