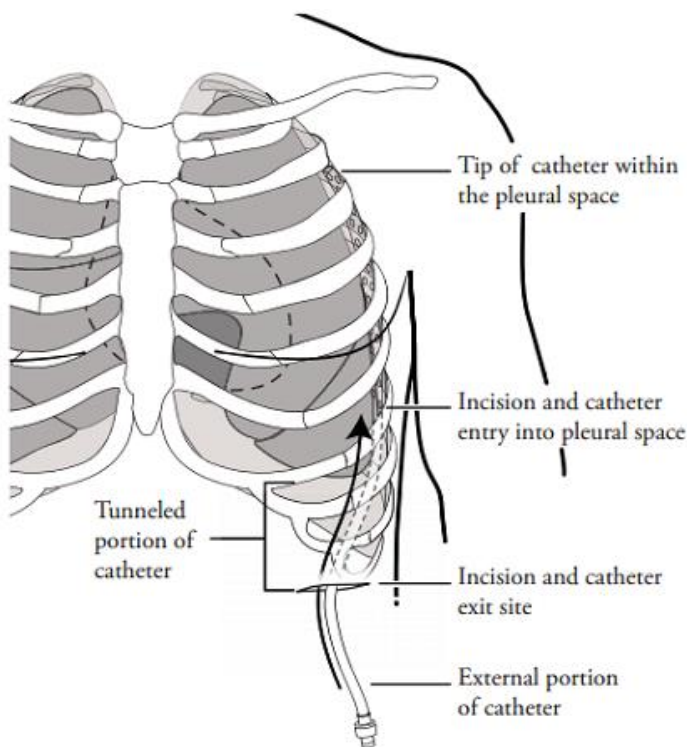


Caring for Your PleurX® Pleural Catheter

A PleurX® Pleural Catheter has been placed in your chest through a small incision in your skin into the pleural space (the space between your chest wall and lung). This allows the extra fluid that builds up around your lungs to drain while at home.

There are 3 main parts to the PleurX catheter:

- **Catheter:** one end of the catheter will be inside your chest and has a lot of holes to allow fluid to drain out.
- **1-way valve:** is on the end of the catheter outside your body. It lets the



fluid drain out but stops air from getting in.

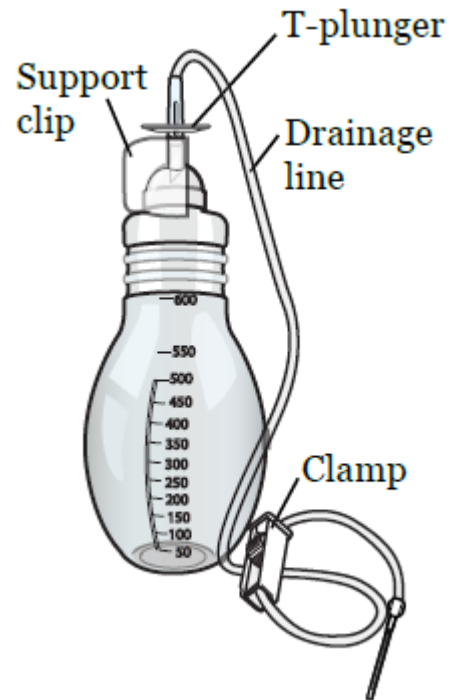
- **Valve cap:** protects the 1-way valve and keeps it clean

How to Drain Your PleurX® Pleural Catheter

You may need someone to help you care for your PleurX catheter. Before you leave the hospital a nurse will teach you and your caregiver how to drain the catheter. You and your caregiver should practice draining the fluid from your chest with the nurse before you leave.

While at home, you should drain the fluid from your chest:

- Every 24-48 hours depending on your symptoms
- As directed by your doctor



Warning

Do not use scissors or other sharp objects near the PleurX catheter. There is a blue slide clamp in the Procedure Pouch should the catheter accidentally be cut.

Getting Started: Preparing to Drain

1. Use a clean area on a table or counter to set up your supplies.
 - a. 1 or 2 vacuum bottles (500ml)
 - b. PleurX Procedure Pack, which has the gauze, foam pad, valve replacement cap and gloves

2. Place the number of bottles that you plan on using near your workspace. **Do not** drain more than **2 bottles** (total 1000 ml) of fluid from your chest at one time.

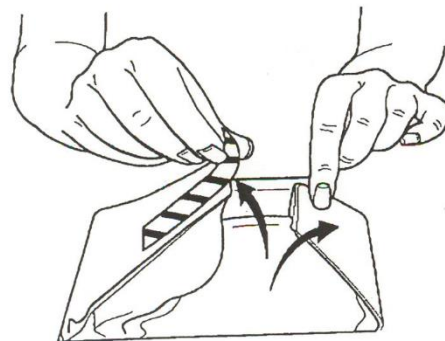


3. Wash your hands with soap and water for 1 minute.

4. Remove the dressing that covers your catheter. **If you see redness, swelling, or fluid around the catheter, drain the fluid from your chest and call your doctor.**

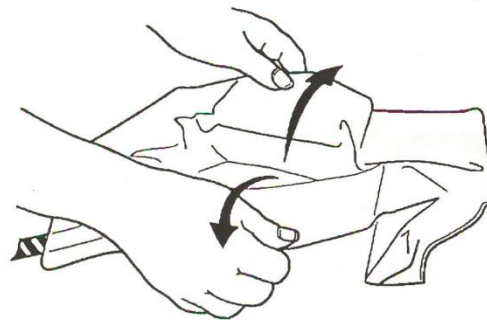
5. Wash your hands again with soap and water for at least 1 minute.

6. Open the Drainage Kit Bag and remove the Blue Procedure Pack Pouch.



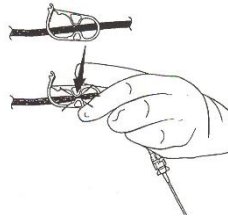
7. Open the Blue Procedure Pack Pouch and set the adhesive dressing aside.

8. Set the Blue Procedure Pack Pouch on your workspace with the flap side up. Carefully unfold the blue wrapping. Do not touch the items with your ungloved hands. Everything inside the Blue Procedure Pack Pouch is sterile. **If you touch anything, throw it away and open a new one.**

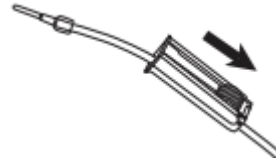


9. Remove the bottle with the drainage line from the bag. Be careful not to touch the tip of the drainage line. It should be covered with a piece of plastic for extra safety. Remove the paper tape from the drainage line and uncoil the line.

10. Place the access tip from the drainage bottle on the blue wrapping to keep it sterile.

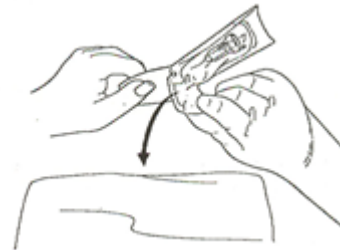


11. Squeeze the **Pinch Clamp** on the drainage line closed. Close the **Roller Clamp** by rolling the wheel towards the bottle.



12. Put on the sterile gloves found in the Blue Procedure Pack Pouch. The gloves fit either hand. Be careful not to let the outside of the gloves touch anything non-sterile such as your skin or clothing.

13. Open the pouch that has the white cap in it and let the cap fall onto the blue wrapping. The white cap may not be in a pouch but will still be in the pack.



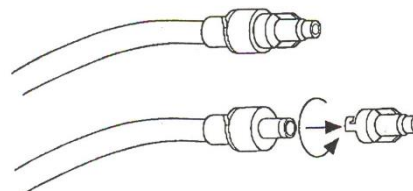
14. Open the three alcohol pads, but do not remove them from their pouches. Keep them on the blue wrapping.

Connecting to the Drainage Bottle

15. Remove the cover from the access tip on the drainage bottle line and set the access tip back on the sterile blue wrapping.



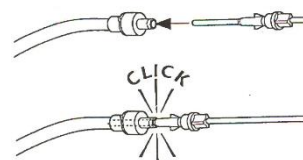
16. Hold the base of the catheter valve (the catheter connected to you) and remove the white cap by twisting it counterclockwise and pulling gently. Throw that cap away.



17. While holding the base of the catheter valve in one hand, clean around the valve opening with an alcohol pad.



18. Keep holding the catheter near the valve. Pick up the drainage line with your other hand and insert the access tip securely into the catheter valve. You will feel and hear a click when they are locked together.



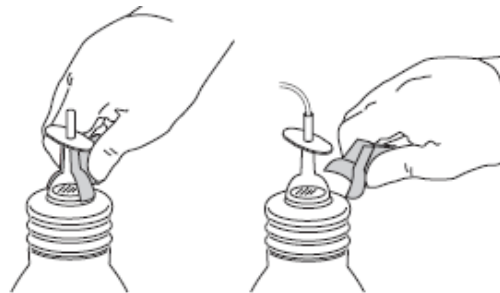
Draining the Fluid

Warning

It is normal to cough or feel some pain when draining fluid. If this happens, clamp the drainage line to slow down or stop the flow of fluid for a few minutes. If you do not feel better after stopping the draining of fluid or if the pain is severe, contact the Thoracic Surgery Department.

Do not drain more than **2 bottles** (total 1000 ml) of fluid from your chest at one time. If you feel the need to drain more than this to make breathing easier, call your doctor.

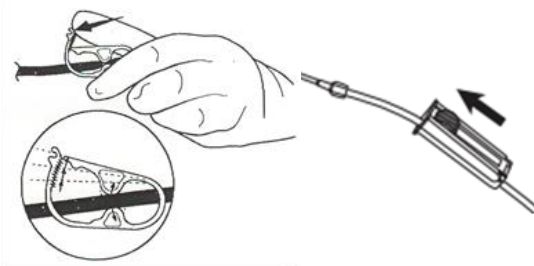
19. Remove the support clip from the drainage bottle by grasping the upper part of the flange and pulling outward. Double check to make sure the drainage line is clamped.



20. Hold the bottle steady with one hand and push the white plunger down with the other hand to puncture the foil seal. This starts the vacuum.



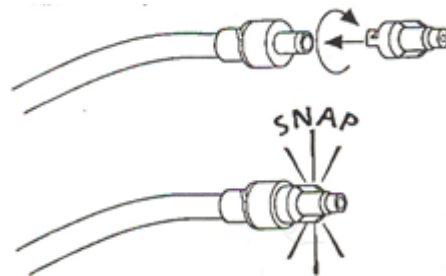
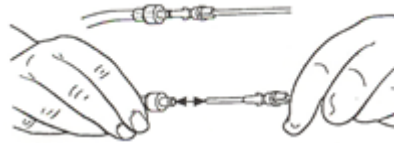
21. Slowly, release the clamp on the drainage line or open the roller clamp by moving the roller away from the bottle. This allows fluid to drain into the vacuum bottle. You can slow the flow by pinching the clamp partially closed or partially closing the roller clamp. The flow into the drainage bottle may slow down when the fluid inside the chest is almost fully drained.



22. When the bottle is full or flow stops, pinch the clamp closed or close the roller on the drainage line. Drainage will usually take between 5-15 minutes.

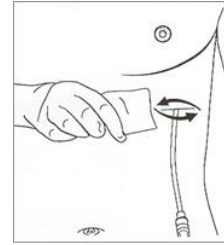
Changing the Drainage Bottle

23. If you need a second drainage bottle, remove the new bottle from the Drainage Kit. Again, be careful not to touch the tip of the drainage line with your gloves.
24. Squeeze the pinch clamp or close the roller clamp on the drainage line completely closed.
25. Repeat steps #18 - #22. **(If the tip of the drainage line does not touch anything you do not need to clean the valve with alcohol when connecting to a new drainage bottle)**
26. When you have finished draining (max of two 500 ml bottles), pull the access tip of the bottle drainage line out of the valve and set the used drainage line down.
27. Clean the catheter valve with a new alcohol pad.
28. Place the new cap that is on the blue wrapping over the catheter valve and twist it clockwise until it snaps into its locked position.



New Dressing

1. With the last alcohol pad, clean around the catheter site.



2. Place the foam catheter pad under the catheter and above the skin.



3. Wind the catheter into loops and place it over the foam pad. Cover the catheter with the gauze pads.



4. Remove gloves from both hands.

5. Remove and throw away the center panel from the backing of the self-adhesive dressing.



6. Peel the printed liner from the self-adhesive dressing, exposing the adhesive surface.



7. Center the dressing over the gauze pads and press it down **Do not stretch the self-adhesive dressing during application, this can lead to skin blisters.**



8. Slowly remove the frame while smoothing down the self-adhesive dressing edges.



9. Smooth the entire dressing from the center towards the edges using firm pressure.

Emptying the Vacuum Bottle

1. Record the volume of drained fluid.
2. Hold the bottle steady and push down on the plunger, then move it in a circular motion to make a larger opening in the foil seal.
3. Open the pinch clamp or roller clamp on the drainage line to release any vacuum that may be left in the bottle then re-clamp the drainage line closed.
4. The drainage line is attached with a flexible cap. Place your thumb on the edge of the cap and push the cap sideways and down into the bottle to loosen the cap from the bottle rim. Grasp the cap and pull it away from the bottle to remove the drainage line.
5. Empty the bottle in the toilet or sink.
6. Place the drainage line and bottle in a plastic bag, seal tightly and throw away.



Frequently Asked Questions

Q: What if I feel short of breath, start coughing, or feel pain while draining?

A: It is normal to feel a little short of breath, cough, or feel slight pain while draining. You can slow down how fast you are draining by closing the clamp on the drainage line part way or stop draining for a minute to let these symptoms pass.

Call your doctor if you continue to feel short of breath or feel pain if you have stopped draining.

Q: How long will the catheter be in my chest?

A: The catheter will be in your chest until fluid stops draining from your chest. The amount of time may be a week to months.

Q: What should I do if the color of the fluid changes from the usual color?

A: Call your doctor with any fluid color changes. This may be a sign of an infection.

Q: Can I take a shower with the catheter inside my chest?

A: Yes, if the dressing is securely attached to your skin, you can get it wet. You could provide extra protection by covering the dressing with a plastic Ziploc[®] bag and remove it after your shower. The dressing is designed to keep moisture out. If you think that moisture has gotten under the dressing, remove it right away, clean and dry the area and put on a new dressing. **Do not allow the catheter to soak underwater in a tub, bath, or pool.**

Q: How do I order more supplies?

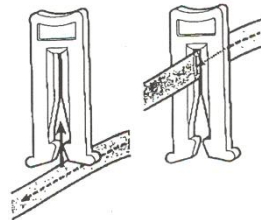
A: You need to order supplies when you have three drainage kits left. Order supplies from **Edgepark Supplies**

1-800-321-0591. The supplies should arrive within 24 hours. See supply list for order numbers.

Q: What should I do if the catheter accidentally gets cut?

A: If you accidentally cut the catheter follow these steps.

- Pinch the catheter closed between your fingers.
- Slip the blue slide clamp (provided in the Procedure Pack) over the catheter and push the catheter completely into the small end of the clamp. This will close the catheter.



- Call your doctor right away or go to the nearest ER or urgent care.

Q: When should I call the doctor?

A: Call your doctor if:

- You are short of breath after you drain.
- You feel that you need to drain sooner than you were told.
- The fluid changes in amount (higher or lower), color, or there are lots of clots.
- Fever, redness around the catheter site, drainage (lots), skin feels warmer around the catheter than other areas on the belly, or the drainage smells.
- Pain after draining the catheter that doesn't go away.
- Any concerns about your catheter.

If you need to contact your doctor.
Call the number that was given to you in
your discharge summary or dial
(608) 263-6400.

If you live out of the area, please call: Toll
Free: **1-800-323-8942.**

**To watch a video on draining your
PleurX Catheter or if you want other
PleurX resources visit:**

<https://www.bd.com/en-us/products-and-solutions/products/product-families/pleurx-drainage-system>

To Order more Supplies:
Edgepark Medical Supplies, Inc
1-800-321-0591

If you have any questions about your PleurX
Journey you can call the PleurX Patient
Navigator to talk with a PleurX
representative at **833.549.7677.**

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