2014

Tenckhoff® Catheter

Capital Health
Tenckhoff® Catheter for Drainage of a Malignant Pleural Effusion

Extra fluid in your chest is causing pain and making it hard to breathe. Fluid is collecting between your lung and rib cage. The fluid pushes on your lungs. The fluid can also cause pain in your chest and make you cough. A new treatment option will let you take control of your symptoms.

A Tenckhoff® pleural drainage catheter is a small tube that goes in your chest where the fluid is collecting. You will be able to drain this fluid at home to relieve the symptoms. Having a Tenckhoff® catheter helps you stay as active as possible and improves your quality of life. You will not need to visit the doctor every time you feel the symptoms.
How will I know what to do at home & where will I get equipment to drain my catheter?

Your health care team will teach you and your family members how to drain the fluid from around your lung 2-3 days before going home. A member of the health care team will explain the procedure to you and your family. They will ask you to do the procedure while they watch, to make sure you or your family members do not have any concerns or difficulties. They will also let you know how to get this equipment:

- Alcohol swabs
- IV solution bags (250 ml-1L)
- IV tubing

Please remember that members of the Home Care Team will be visiting you at home as required. Call your doctor as listed at the end of this pamphlet with any questions or concerns. If you feel your concern is an emergency, go to your nearest Emergency Department.
Secondary set IV tubing drainage system connected to Tenckhoff® catheter.
When do I drain the fluid from my catheter?

You will drain the catheter when you feel pain or have difficulty breathing. Your health care team will tell you how often you should do this. We will teach you to use the guide listed to drain your catheter according to the amount of your previous drainage:

- More than 300 mL/day: drain every day
- 100-300 mL/day: drain every 2 days
- Less than 100 mL/day: drain 2 times each week, after 2 weeks may go down to 1 time each week

Or, drain your catheter if you develop symptoms such as:

- Increased shortness of breath
- Increased chest fullness
- Increased discomfort
How do I drain the fluid?

1. Take the IV tubing and IV solution bag out of the packages. Close the roller clamp on the IV tubing.

2. Connect the IV tubing to the IV solution by putting the white spike through the port of the bag.

3. Take the cover off the end of the IV tubing. Hold the IV bag over a sink, and be careful not to touch the sink with the end of the tubing. Drain all of the fluid out of the IV bag. Do not close the roller clamp until the IV bag is completely empty. **If there is no drainage, try coughing, changing your position, and/or walking if possible.**

4. Use an alcohol swab to clean the adaptor on the end of the Tenckhoff® catheter. Be careful not to touch the adaptor, or lay it down, once it is cleaned.

5. Connect the IV tubing to the Tenckhoff® adaptor, open the roller clamp on the IV tubing and place the empty IV bag on the floor next to you, or on a low stool or table. Gravity will help the fluid to drain.

6. **It may take 15 minutes to an hour to drain the IV bag.**
7. Once the fluid has finished draining or the **drainage bag is full**, close the roller clamp on the IV tubing, and remove the IV tubing from the Tenckhoff® adaptor. **Only fill 1 (1000 ml) bag per drainage session.** Note the amount of fluid in the bag by the numbers on the side of the bag.

8. If you are not on chemotherapy, drain the fluid into the toilet by opening the roller clamp. Put the empty IV bag and IV tubing inside 2 plastic grocery store bags (this is called “double-bagging”), tie, and put out with the regular garbage.

9. **If you are on chemotherapy**, your nurse will give you different information on what to do with the fluid and equipment.
How do I take care of my Tenckhoff® Catheter?

Before you go home, your health care team will arrange for members of the Home Care Team to do the dressing and adaptor changes in your home. The dressing is changed every 3 days, or if it gets wet. The adaptor is changed every 7 days. They will also want to know how often you are draining the fluid, the amount of fluid you drain, and how you are feeling. It is a good idea to keep notes in a small notebook.

It is important to keep the dressing dry. You can shower as long as the clear dressing (waterproof) is placed over your catheter, unless otherwise instructed by your health care team. **Soaking in a bathtub is not recommended.**
How long will the catheter be in my body?
The catheter can stay in place for as long as it is needed. Your health care team will tell you more.

If you notice any of the following signs and symptoms, contact your doctor IMMEDIATELY, or go to your Emergency Department:

- Redness, swelling or drainage around the catheter site.
- Temperature of 38°C (100.5° F), or higher.
- Shortness of breath after draining 1000 ml at one time.
- Severe chest pain during drainage not helped by slowing or stopping the flow of fluid.
- Very small amount of fluid drains from the catheter, and you feel short of breath.
- Any signs of new blood in the fluid.
- Less than 30 ml of fluid drain during 3 tries in a row to drain fluid (may be related to a blockage in the catheter or no fluid remaining in your chest to be drained).

Doctor: ________________________________

Phone: ________________________________

If you have any questions, please ask.
We are here to help you.
## Drainage Record

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