

Tracheostomy Tube Change

Why is it important to change the trach tube?

Routine tracheostomy tube change reduces germs and lessens the chance of infection.

How often should I change it?

Change the trach tube monthly unless your doctor orders more frequent changes.

Equipment you will need for tube change

- Clean trach tube(s) - 1 same size child is using and 1 of smaller size
- Syringe (for use with cuffed tubes only)
- Water soluble lubricant
- Sterile water
- Small cup for water
- Cotton swabs (Q tips) - 8 to 16
- Gauze or clean wash cloth
- Tracheostomy ties and scissors
- Stoma dressing
- Medicine for the skin, if ordered
- Essential equipment (spare tracheostomy tube of same size and one size smaller, suction, oxygen, resuscitation bag and mask). See our handout “Essential Trach/Vent Equipment for Home or To Go” www.seattlechildrens.org/pdf/PE1449.pdf.



Emergency Supplies

Keep these items on hand in case your child has a breathing emergency during a Trach tube change.

Tracheostomy Tube Change

Steps to take when changing the tracheostomy tube

Per your doctor's orders, your child may need additional oxygen and suction before changing the trach tube.

Prepare the trach tube



1

Correct

When handling the trach tube only handle the tube by the flanges.



Incorrect

Do not touch the end that will go into your child.



2

If using a cuffed tube, before you get started, check its function by inflating and deflating the cuff before you use the tube.

- For a Bivona tracheostomy tube use 5 ml of water; check for water leaking and watch for the cuff to inflate evenly.
- For a Shiley tracheostomy tube use 8 to 11 cc of air and dip into sterile water, check for air escaping and watch for the cuff to inflate evenly.



3

Insert the obturator into tube to keep the tube in the best position for easier insertion. The obturator will help guide the tube into the stoma.



4

Apply a thin film of water-soluble lubricant to the end of the cannula that will go into your child.



5

Set aside the assembled trach tube in a clean, safe place, such as the container it came in, or a new, clean plastic bag until ready to use.

Tracheostomy Stoma Care (Trach Care)

Prepare your child

Get a trained helper. Routine trach change requires two people.



1

Place your child on their back with a rolled blanket or large towel under the shoulders. This will cause their head to fall back allowing you better access to the neck. Wrapping your child's upper body and arms snugly in a blanket will make them feel secure and keep their hands away from the trach.



2

Wash or gel hands then put on clean gloves.



3

Suction.

Remove the old tube from child's stoma



1

Person #1 holds the trach tube in place while a second person (person #2) removes the trach ties and dressing.



2

Person #2 deflates the cuff before removing a cuffed tube.



3

Coordinate and communicate with your trach change partner and when both parties are ready, say "1, 2, 3 go": Person #1 holding trach tube in place will remove the trach tube and the other person #2 will place the new trach tube.

Person #1 holding the old trach tube rolls, glides or pulls the tube forward and down out of the stoma.

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Place new tube



1 Person #2 inserts the clean trach tube into the stoma. The tube should slide into place as you apply gentle inward pressure.



2 Person #2 holds the trach tube in place removing the obturator with their other hand. Person #2 immediately removes the obturator from the trach tube, then places the child on the ventilator (if applicable).



3 Check placement by passing a suction catheter to the routine depth. Your child may cough and you should feel air passing in and out of the tube, you should also see chest rise and good skin color. Person #2 should now be the holder and should continue to hold trach tube through stoma care.



4 Inflate the cuff if in use.

5 Clean the tracheostomy site as usual. (See Tracheostomy Stoma Care PE1450)

7 Clean old trach.

6 Clean the obturator and place it in a clean bag with the spare tubes.

8 Refer to Children's handout PE2572 Bivona Trach Cleaning Steps.

To Learn More

- Respiratory Care
206-987-2258
- www.seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your child's nurse.
- From outside the hospital, call the toll-free Family Interpreting Line 1-866-583-1527. Tell the interpreter the name or extension you need.

Seattle Children's offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201.

This handout has been reviewed by clinical staff at Seattle Children's. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's healthcare provider.

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