

## **When Your Voice Prosthesis or Red Rubber Catheter Comes Out of Your TEF**

These step-by-step instructions will help you, your family and friends know what to do if your voice prosthesis or red rubber catheter comes out of the TEF. This is called dislodgement.

A TEF can close in less than 2 hours. It is important to manage this problem as soon as it happens. Your Speech-Language Pathologist will also teach you what to do if your voice prosthesis or red rubber catheter comes out.

### **Equipment in a Dislodgement Kit:**

- water soluble lubricating jelly such as KY Jelly. Do not use lubricants that contain petroleum.
- red rubber catheters in sizes 16, 18, or 20
- medical tape
- may also have a catheter plug

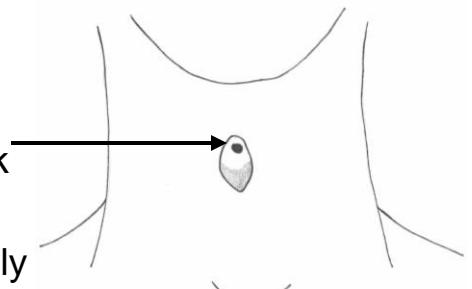
### **Steps to Follow:**

Do these steps in front of a mirror:

1. Find the small TEF puncture site. The TEF is usually found in the stoma at the 12:00 o'clock position.

If you have trouble finding the TEF, look closely at your stoma and swallow a small amount of saliva. You should see saliva coming from the TEF.

2. Tie a knot at one end of the catheter. If you have a catheter plug put it into the end with the knot. The plug prevents food and saliva from coming back out the catheter.
3. Put a clean red rubber catheter into the TEF. As you do this, try not to swallow because saliva may come out through the TEF making you cough. If you miss the opening, relax, catch your breath and try it again.



4. If you are unable to get the red rubber catheter into the TEF, do not panic. Keep trying until you are able to get the catheter into the TEF.
5. After you have the catheter in the TEF, tape the end of the catheter to your neck or chest with medical tape. Only 50 to 75 cms (2 to 3 inches) of the catheter should show from your neck.
6. Call and make an appointment with your Speech-Language Pathologist as soon as possible at 905-521-6101.

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