

# Leaving the Hospital with a P-Eggy™ Chest Drain Valve

You are ready to go home, but you still need a chest tube. A small device called a P-Eggy™ has been put on the end of your chest tube to help you get better.

This brochure tells you what you need to know about having a chest drain valve.



P-Eggy™ chest drain valve

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## Why do I need a P-Eggy chest drain valve?

The P-Eggy valve is a one-way valve attached to your chest tube. It allows air and a small amount of fluid to leave your chest until the lung heals.

## How do I care for my P-Eggy valve?

You have a dressing around your chest tube. We will arrange for a community nurse to visit you and help you by changing the dressing and emptying the P-Eggy, if needed. We can also teach you or a family member to empty it.

The device holds 100 millilitres of fluid.  
Please empty it as needed.



## How do I change the dressing?

The dressing around the insertion site needs to be changed every day. The community nurse will help you.

- Wash your hands with soap and warm water.
- Remove the existing chest tube dressing, being careful not to pull your chest tube out.
- Wash your hands again.
- Put on clean gloves and avoid touching the skin around the insertion site.
- Clean the skin around the tube insertion site with chlorhexidine swabs.
- Apply a non-adhering dressing (such as Adaptic) around the chest tube site. Then, apply a sterile (germ-free) drain gauze around the tube. Lastly, place a sterile 4X4 gauze on top.
- Secure the gauze dressing in place enough medical tape (such as Medipore™ tape or other tape used to secure dressings and that you can buy at your local pharmacy).
- You may also secure the chest tube by taping it below the insertion site to your chest. This prevents it from getting pulled out.
- Throw away the used supplies in the garbage.
- Take off the gloves and wash your hands.

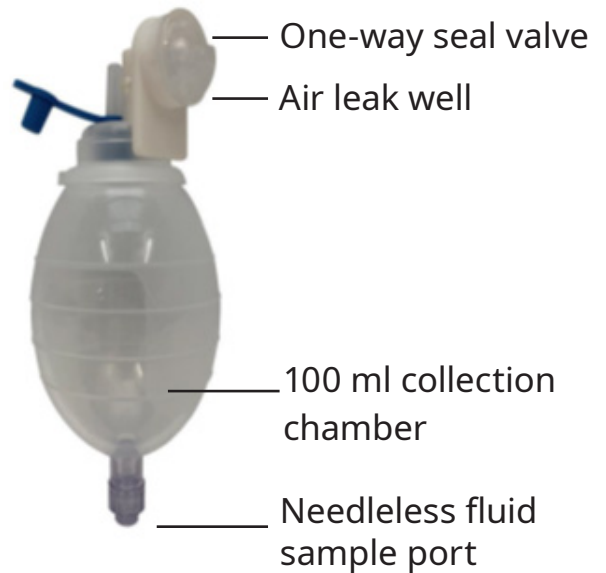
## How do I empty the P-Eggy?

Do not let the collection chamber to completely fill with fluid, or it may leak out.

To empty fluid from the collection chamber:

- Wash your hands.
- Wipe the Needleless Fluid Sample Port on the bottom of the P-Eggy with an **alcohol swab**.
- Take a clean syringe and remove any air from it by pushing down on the plunger.
- Firmly screw a clean syringe to the port.
- Pull the plunger back on the syringe to withdraw the fluid.
- When you have emptied the fluid from the chamber, unscrew the syringe. **Do not leave it attached to the port.**
- Throw away the fluid and the syringe.

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## How do I shower with the P-Eggy?

- You may shower with a chest tube in. Remove the dressing before you shower and let the water run over the site. Do NOT apply soap or scrub the area. When you are finished your shower, pat the area dry and apply a new dressing.
- Do not submerge the tube or the P-Eggy in water.
- No tub baths, hot tubs or swimming with the chest tube in.



## How do I manage pain?

It is normal to feel a mild pain around the insertion site. Take acetaminophen (Tylenol) to help with your pain.

If your doctor or health care provider gave you a different pain medication, take it as prescribed.



## When to get medical help

- If your pain is not relieved by taking pain medication, or your pain gets worse, call your health care provider and ask for further instructions.
- If you notice more fluid and you need to empty the drainage container more often, call your health care provider and ask for further instructions.
- If you cannot talk to your care provider or it is after hours, go to the nearest emergency department and take this pamphlet with you.



## Go to the nearest emergency department if you:

- have a fever (temperature above 37.5 °C or 99.5 °F)
- cough up blood
- suddenly have shortness of breath, or you are more short of breath than when you were discharged from hospital



## If my chest tube accidentally falls out or is pulled out:

- Do not try to replace the tube yourself.
- Cover the small hole right away with a bandage or gauze pad and tape.
- Go to your nearest hospital emergency room.
- Afterwards, please call your lung surgeon's office and explain what happened.

**Important:** This is not a full list of brands or products. The University Health Network does not recommend one brand over another and is not responsible for any products listed. Please contact each company directly to find out more about their products.



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