



PATIENT GUIDE



Drainage Frequency:

Dressing Frequency:

- Every Drainage
- Weekly Drainage
- Other _____

**Physician Contact
Information**

Dr. _____

Phone: _____

CHEST DRAINAGE

Pleural Space

Insertion Site

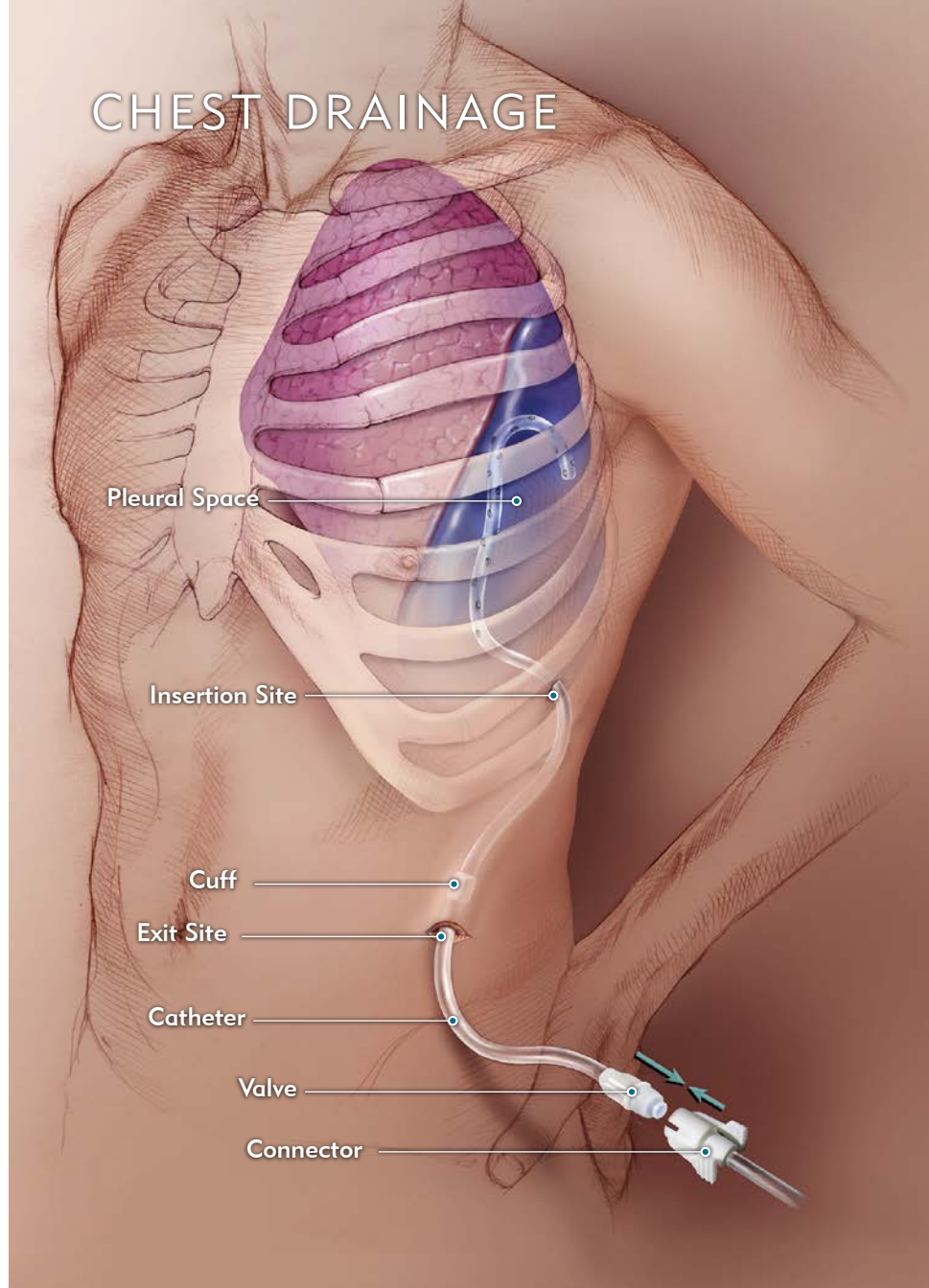
Cuff

Exit Site

Catheter

Valve

Connector



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**WARNING: Check packages for damage before opening.
Do not use if package is damaged.**

GENERAL INFORMATION ABOUT YOUR ASPIRA® DRAINAGE CATHETER

Why do you have an Aspira Drainage Catheter?

Your doctor has put an Aspira Drainage Catheter in your chest or abdomen to drain fluid in those areas. The catheter lets you drain fluid at home. Fluid drainage can help prevent or reduce shortness of breath or other symptoms.

Where does the catheter go inside the body?

Please see the inside covers for illustrations. Your doctor may have put the catheter in your chest (pleural space) or in your abdomen (peritoneal cavity). The doctor made a small cut (insertion site) in your chest or abdominal wall. The doctor tunneled the catheter through the insertion site under the skin to the place where the catheter exits your body through another small cut (exit site). You may have a few stitches at the insertion site and exit site. You will need to clean the exit site every time you change the dressing on your catheter.

How does the Aspira Drainage Catheter and Aspira Drainage Kit work?

The Aspira Drainage Catheter is a soft silicone tube. This tube has many holes on one end. This end is inside your body. The fluid enters these holes and flows into the catheter. The other end of the catheter has a valve.

When you connect the Aspira Drainage Bag or Bottle to the catheter, the valve opens. For details related to draining with the bag or bottle, see page 9 or 11.

When no more fluid is flowing into the drainage bag/bottle or the bag/bottle is full, unhook the drainage bag/bottle from your catheter. Empty the drainage bag/bottle into the toilet and throw it in the trash. **Do not re-use.** Do not place it in the recycling bin.

It is important that you know how to drain and care for your catheter. You should have been given personal step-by-step instructions by your doctor or nurse. The information in this booklet is for reference only. Please call your doctor or nurse if you still have questions after reading this guide. You may also view a step-by-step video on how to drain and care for your catheter at www.myaspira.com or call Customer Service.

HOW TO DRAIN FLUID FROM YOUR ASPIRA DRAINAGE CATHETER

Step 1 Prepare the Workspace

- a. Clear a space on a table or counter for your drainage supplies.
- b. Clean the surface with a disinfecting wipe or clean paper towel that has been moistened with rubbing alcohol. Wipe the surface dry with a fresh paper towel or allow it to air dry. This will create a clean workspace.

NOTE: Moisture, disinfecting wipes and/or rubbing alcohol may cause damage to some furniture surfaces.

- c. Wash your hands with warm soapy water. Scrub for one full minute. Rinse. Dry using a clean towel or clean paper towels.
- d. Peel open the pouch containing the drainage kit.
- e. Place the supplies on the cleaned area.

CAUTION: Do not drain more than 1,000 mL from the chest or more than 2,000 mL from the abdomen in any one drainage session. Always follow the advice of your doctor.

CAUTION: If you have any of the following symptoms, complete the drainage and contact your doctor:

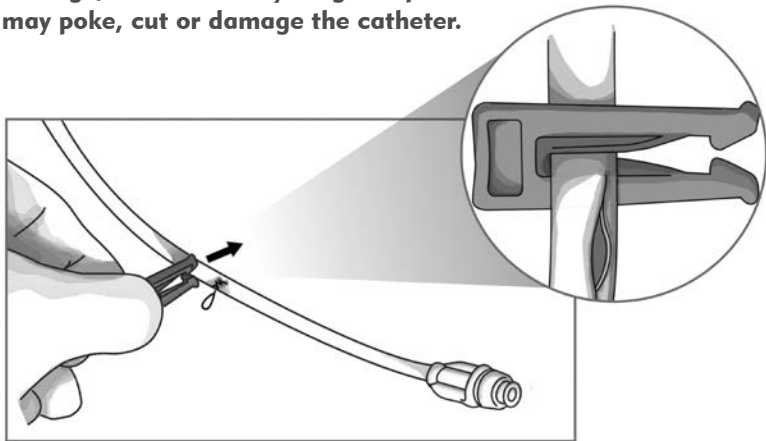
- Shortness of breath that isn't relieved after draining 1,000 mL from the chest or 2,000 mL from the abdomen at one time.
- On-going pain or shortness of breath but little or no fluid is draining from the catheter.

- Less than 25-50 mL drain during each drainage for 3 drainages in a row.
- The appearance of your fluid changes a lot between drainages. If you develop a fever (body temperature above 100.5° F [38° C]), notice redness, swelling, oozing or have pain at the exit site. These may be signs of infection that may require treatment. Consult your doctor immediately.

Remove dressing ONLY if:

- 1 It has been one week since you last changed the dressing.
- OR -
- 2 Your doctor has recommended that you change your dressing every time you drain fluid.
- OR -
- 3 The area under the dressing is moist.

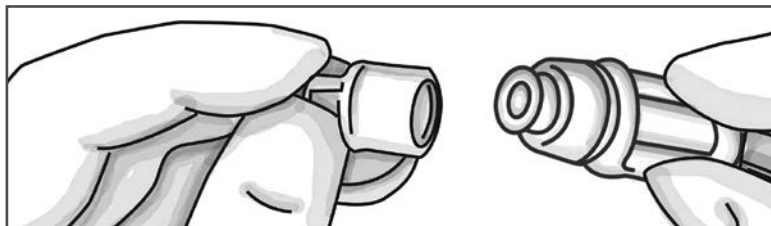
NOTE: If the catheter is damaged, place the slide clamp (in drainage kit) between the catheter damage and the exit site. Contact your doctor. To prevent damage, do not use anything sharp that may poke, cut or damage the catheter.



f. Wash your hands with warm soapy water. Scrub for one full minute. Rinse. Dry using a clean towel or clean paper towels.

NOTE: If the catheter is taped to the skin with tape strips, remove the tape.

g. Remove and discard the catheter valve cap from the catheter valve.



Step 2 Drain Fluid

NOTE: The Aspira Drainage Kit will come with either a Drainage Bag or a Drainage Bottle.



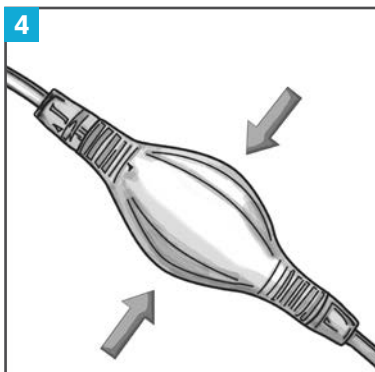
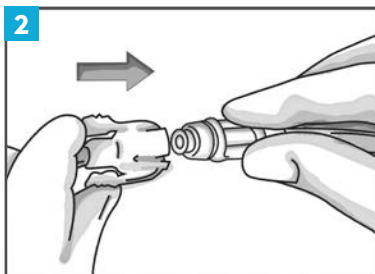
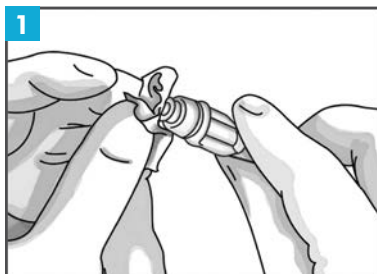
Instructions for using a Drainage Bag.

NOTE: If using a Drainage Bottle, go to the instructions for using a drainage bottle on page 11.

- a. Wipe the end of the catheter valve with an alcohol pad. (1)
- b. Pick up the connecting end of the drainage bag line and push it onto the end of the catheter until you hear or feel a click. (2)
Gently tug on the drainage line to make sure the connection is secure.
- c. Place the bag on a flat surface at least arm's length **below your chest or abdomen.** (3)

- d. Gently squeeze the siphon pump one time to initiate flow. It will slowly re-expand as fluid fills the pump. Let fluid drain until the bag is full or the fluid stops flowing. (4)

NOTE: If the pump does not re-expand or re-expands but does not fill with fluid, check the connection. Gently squeeze the pump again. If this does not work, try again with a new drainage kit. If a new drainage kit does not start flow, contact your doctor.



NOTE: If you have pain during drainage, raise the bag to slow the drainage or disconnect the bag to stop the flow of fluid. If you disconnect the bag, place the connecting end on your cleaned workspace. To restart the flow of fluid, clean the valve with a new alcohol wipe, connect the bag to the catheter and

gently squeeze the pump. Do not reconnect a used bag that has been disconnected for more than 30 minutes.

Instructions for using a Drainage Bottle.

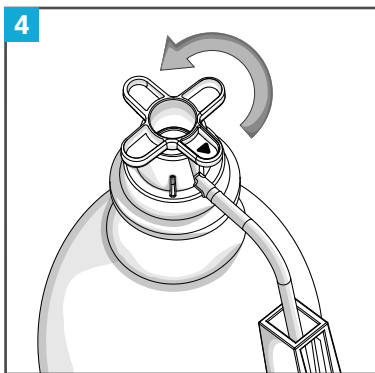
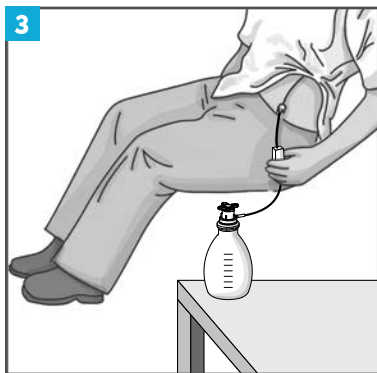
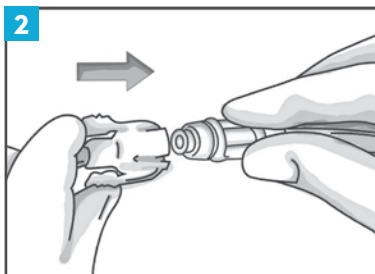
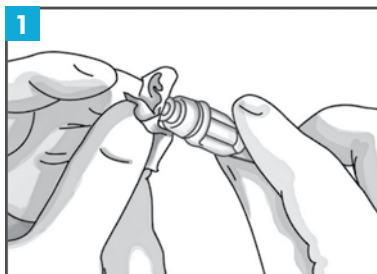
NOTE: If using a Drainage Bag, go to the instructions for using a Drainage Bag on page 9.

- a. Wipe the end of the catheter valve with an alcohol pad. (1)
- b. Pick up the connecting end of the drainage bottle line and push it onto the end of the catheter until you hear or feel a click. (2)
Gently tug on the drainage line to make sure the connection is secure.
- c. Place the bottle upright on a flat surface with the bottle handle accessible. (3)
- d. Open the bottle by rotating the handle counterclockwise until the arrow in the handle lines up with the tubing (approximately half a turn). Let fluid drain until the bottle is full or the fluid stops flowing. (4)

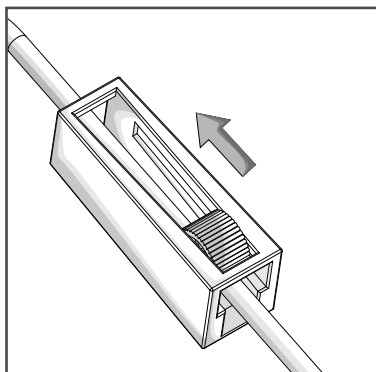
CAUTION: While the bottle is connected to the catheter, do not rotate the handle past where the arrow in the handle lines up with the tubing (approximately half a turn) until you are ready to empty the bottle. If the handle is rotated too far while connected to the catheter, air could enter the system causing a pneumothorax. If air enters the system, disconnect the tubing from the catheter and use another bottle.

NOTE: When rotating the handle a bump may be felt. This is an indication to stop rotating the handle until ready to remove the handle completely. Do not rotate the handle past this feature until the bottle has been disconnected from the catheter and you are ready to empty the contents of the bottle.

NOTE: If the bottle does not fill with fluid, close the bottle by rotating the handle clockwise until the handle stops (approximately half a turn). Check the connection and ensure there are no kinks in the drainage line. Ensure the roller clamp is open and the tubing is not kinked. Rotate the handle counterclockwise until the arrow in the handle lines up with the tubing (approximately half a turn). If this does not work, try again with a new drainage kit. If a new drainage kit does not start flow, contact your doctor.



NOTE: If you have pain during drainage, adjust the roller on the tubing to pinch the tubing down to slow the drainage or close the bottle to stop the flow of fluid.



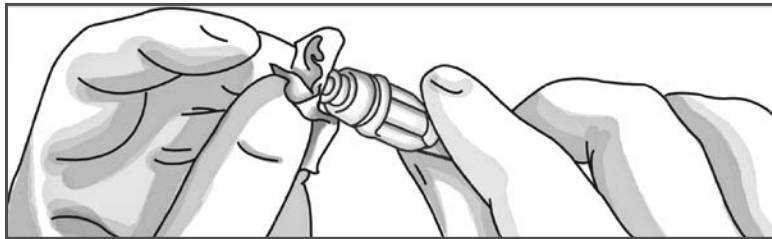
NOTE: If you disconnect the bottle, ensure you close the bottle prior to removing the drainage line from the catheter. Place the connecting end on your cleaned workspace. To restart the flow of fluid, clean the valve with a new alcohol wipe, connect the bottle to the catheter and open the bottle. Do not reconnect a used bottle that has been disconnected for more than 30 minutes.

Step 3 Complete your Drainage

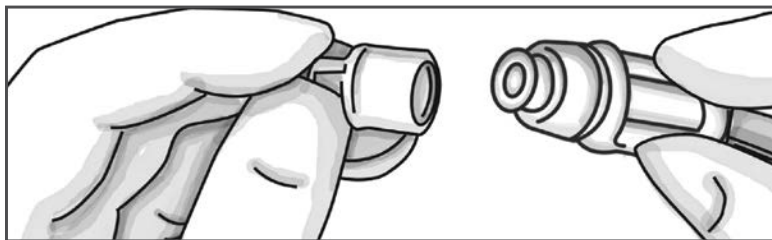
- a. When fluid flow stops or the bag/bottle is full, hold the catheter with one hand and pinch the wings of the connector with the other hand until the connector easily comes away from the catheter.



- b. Allow any fluid left in the tube to drain into the bag/bottle. Set the bag/bottle to the side.
- c. Wipe the catheter valve with a new alcohol pad.



- d. Place the new valve cap on the valve.



- e. **Optional:** If it is not time to change your dressing, tape the catheter to the skin where it is most comfortable. Go to the section titled “How to Discard Fluid and Used Supplies” on page 22.

NOTE: If it is time to change your dressing, go to the section titled “How To Care For and Dress Your Aspira Drainage Catheter” on page 16.

HOW TO CARE FOR AND DRESS YOUR ASPIRA DRAINAGE CATHETER

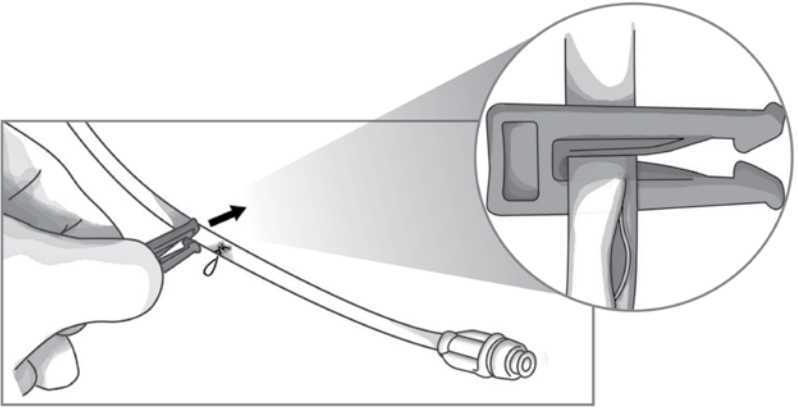
You should change your dressing at least **once a week** or as often as you were told to by your doctor or nurse. You should also change the dressing if the area under the clear dressing becomes moist.

NOTE: If using a drainage bag, the drainage kit and the items below are in separate packaging. If using a drainage bottle, the below items come in the drainage kit listed on page 9.



- a. Carefully remove the clear dressing, gauze and split catheter pad from your catheter.

NOTE: If the catheter is damaged, place the slide clamp, provided in the drainage kit, between the catheter damage and the exit site and contact your doctor. To prevent damage, do not use anything sharp that may poke, cut or damage the catheter.



b. Wash your hands with warm soapy water. Scrub for one full minute. Rinse. Dry using a clean towel or clean paper towels.

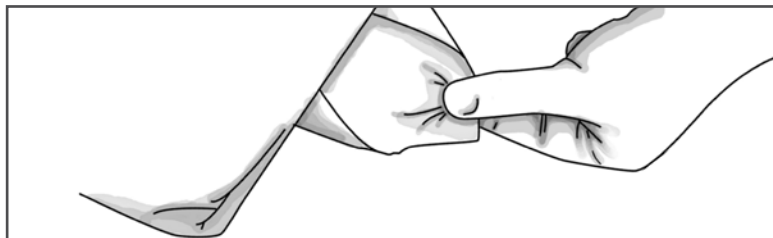
c. Peel open the pouch with the dressing kit.

NOTE: Do not touch any unclean surface such as your skin, clothing, or furniture with your gloves.

d. Remove the gloves from the pouch.

e. Pick up one glove at the cuff end and place it on your hand. Pick up the second glove with the newly gloved hand and place it on your other hand.

f. Remove the blue CSR wrap from the pouch and place it on the clean workspace. Pull on the corner sticking out of the edge of the sheet to open it.



- g. Lay the sheet flat so you can see the dressing supplies.
- h. Clean the skin around the catheter exit site with an alcohol pad.

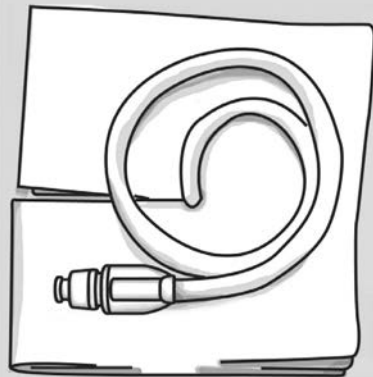


CAUTION: If you develop a fever (body temperature above 100.5° F [38° C]), notice redness, swelling, oozing or have pain at the exit site, these may be signs of infection that may require treatment. Consult with your doctor immediately.

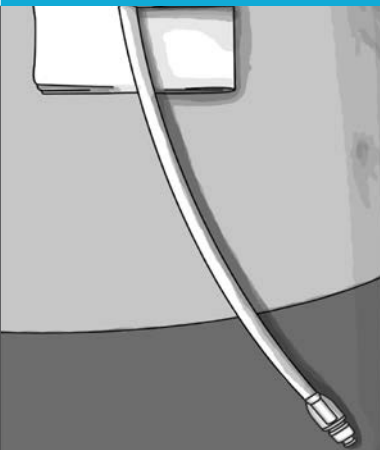
NOTE: Make sure the exit site and skin around the catheter are dry before completing the dressing.

- i. Place the split catheter pad on the skin around the catheter.
- j. If you change your dressing every time you drain, coil the catheter on top of the pad. If you change your dressing less often than you drain, lay the catheter down toward your waist.

Dress at every drainage

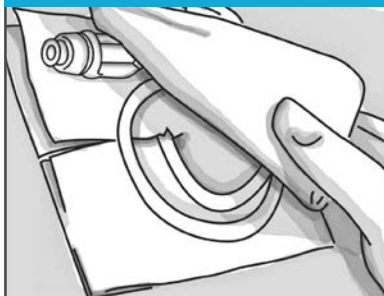


Dress less often



k. Place gauze over the top of the catheter.

Dress at every drainage



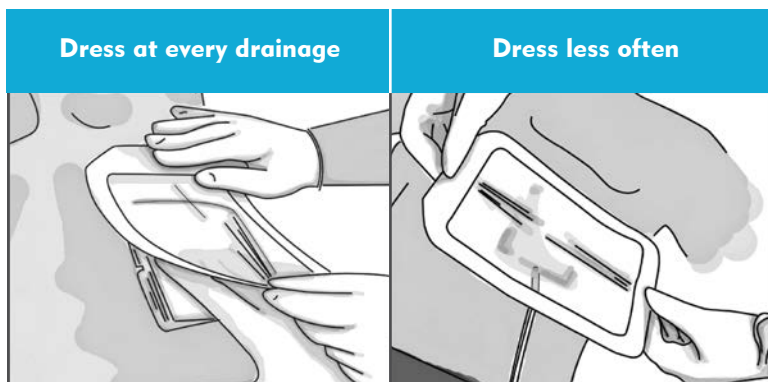
Dress less often



I. Hold gauze, catheter and split pad in place with one hand.

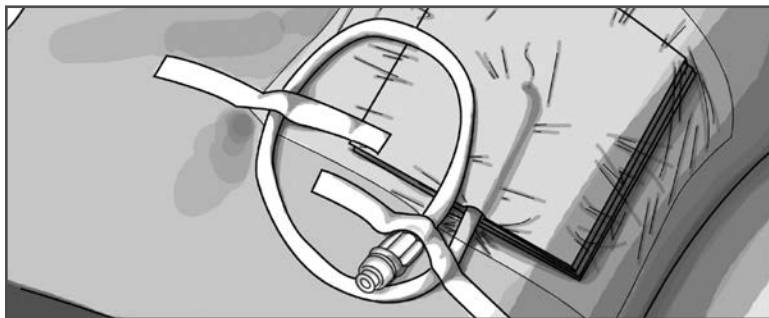
NOTE: For the next step, you may need the help of a caregiver. Make sure the caregiver washes their hands, scrubbing for one full minute rinsing and drying on a clean paper towel or towel before helping dress the exit site.

m. Remove the inner rectangle from the dressing, then remove the printed backing. Place the clear dressing over the catheter and gauze. Make sure the dressing sticks to the skin around the gauze. Remove the paper edge from the dressing and smooth down the dressing edges. Be careful, the clear dressing is very sticky.



NOTE: If you change your dressing every time you drain fluid, your dressing is now complete. Any left over supplies can be thrown away. You may go to the section titled “How To Discard Fluid And Used Supplies” found on page 22. If you dress your catheter less often, continue with these final steps before going to the next section.

- n. If you left the catheter hanging down, tape the rest of the catheter to the skin where it is most comfortable.



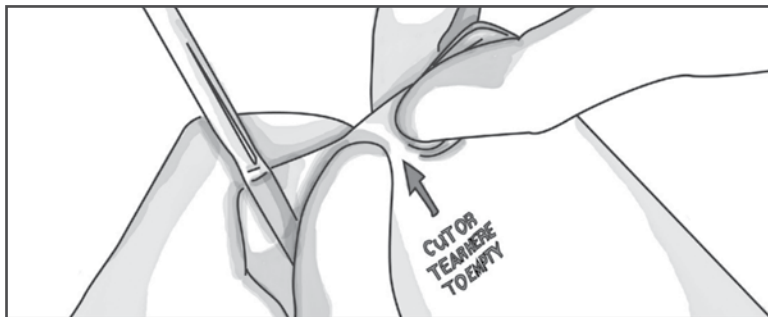
HOW TO DISCARD FLUID AND USED SUPPLIES

CAUTION: If fluid spills, be sure to clean using soap and warm water for clothing and skin and using bleach for household items.

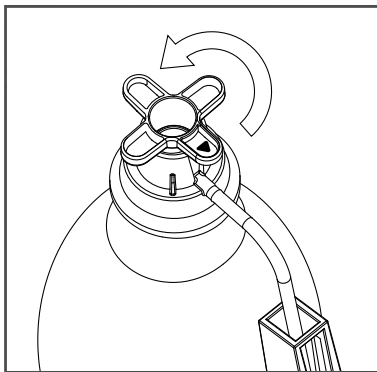
NOTE: Don't place the used Aspira Drainage bag/bottle in a recycling bin.

NOTE: Step a is for a drainage bag, step b is for a drainage bottle. All other steps are for a bag and bottle.

- a. While holding over the toilet, cut or tear the corner of the drainage bag where the "cut or tear here to empty" arrow is pointing.



- b. While holding over the toilet, rotate the handle counterclockwise until it detaches from the bottle (approximately two full turns).



- c.** Empty the fluid in the toilet. Flush the toilet.
- d.** Coil the drainage line around the empty drainage bag/bottle. Place it in a small plastic bag and throw away.
- e.** Throw all other used supplies in the trash.
- f.** Wash your hands with warm soapy water. Rinse.

POSSIBLE PROBLEMS

Infection		
Signs:	What to do:	How to help prevent it:
If you develop a fever (Body temperature above 100.5° F [38° C]), or notice redness, swelling or oozing or have pain at the exit site. These may be signs of infection that may require treatment.	Call your doctor right away.	Clean the exit site regularly. Follow the directions in this booklet for a clean procedure whenever accessing the catheter.

Pain During Fluid Drainage		
Signs:	What to do:	How to help prevent it:
Pain while draining fluid with the Aspira Drainage Bag.	<ul style="list-style-type: none"> If you have pain while draining, raise the bag to slow the flow. Disconnect the bag to stop the flow. If your pain does not go away after you stop draining, contact your doctor. 	Do not drain more fluid than your doctor tells you for each drainage.
Pain while draining fluid with the Aspira Drainage Bottle.	If you have pain while draining, adjust the roller on the tubing to pinch the tubing down. You may also close the bottle by turning the handle clockwise (approximately half a turn). After the pain has stopped resume draining.	Do not drain more fluid than your doctor tells you for each drainage. Use the roller clamp on the tubing to decrease the drainage speed.

Slow or No Drainage

Signs:	What to do:	How to help prevent it:
Unable to drain fluid or very little fluid drains during procedures.	<ul style="list-style-type: none">• Make sure the bag is placed at least arm's length below your chest or abdomen.• Make sure the drainage line and the catheter are not kinked.• Make sure the catheter and drainage line are securely connected.• Make sure the roller clamp is fully opened on the bottle drainage line.• Gently squeeze the pump again to start the fluid flow.• Try changing your body position. If the fluid flow does not improve, call your doctor. The catheter may need to be checked.	Slow or no drainage could be caused by many things, most of which are out of your control. Call your doctor.

Break Or Accidental Cut In The Catheter

Signs:	What to do:	How to help prevent it:
Leaking fluid	Place the slide clamp between the damaged area and your skin. Call your doctor immediately. The catheter will need to be repaired by your doctor.	Don't use sharp objects around the catheter. Never use a lot of force on the catheter.

Catheter Valve Damage

Signs:	What to do:	How to help prevent it:
Leaking fluid around the catheter valve.	Place the supplied slide clamp close to the valve on the catheter. Call your doctor. The catheter valve will need to be replaced.	Don't use a lot of force on the catheter valve or catheter when connecting and removing the Aspira Drainage Bag/Bottle. Do not try to connect anything but the drainage bag/bottle to the catheter valve.

Accidental Catheter Removal

Signs:	What to do:	How to help prevent it:
The catheter moves in and out of the exit site. The cuff may break through the skin.	Call your doctor immediately. If the catheter comes all the way out of your chest or abdomen, place a clean dressing on the exit site.	Don't pull, tug or yank on the catheter. Be careful that it does not get caught or snagged.

Low Blood Pressure During Or After Drainage

Signs:	What to do:	How to help prevent it:
Dizziness or feeling light headed, blurred vision, feeling faint or weak.	Stop draining. Call your doctor.	Don't drain more fluid than your doctor tells you at each drainage.

FREQUENTLY ASKED QUESTIONS

Can I shower with the catheter?

You may shower if a water tight covering is placed securely over the catheter. Do not bathe or allow the catheter or catheter exit site to soak under water. If the area under the clear dressing becomes wet, remove the dressing, and dry and dress the area with a new dressing kit.

How often do I need to drain fluid?

You should drain fluid as often as your doctor tells you to. Your doctor may have you drain fluid to relieve symptoms.

How long can the catheter stay in place?

Your doctor will decide how long you need the catheter. It can stay in place as long as you need it, provided that you don't have any complications.

How often do I need to change the dressing?

You should change the dressing at least once a week or as often as your doctor tells you to. You should also apply a clean dressing if the area under the clear dressing becomes wet or if the clear dressing is damaged. See, "How to Care For and Dress Your Aspira Drainage Catheter" on page 16.

Naturally this patient guide can not cover all potential questions, possible situations and scenarios.

Contact your doctor with any questions or concerns.

What products do I need to order to drain at home?

Patients living in the Eastern Time Zone:	Patients living outside of the Eastern Time Zone:
Complete Medical Supplies Phone: 866-748-5151 Fax: 866-634-8166	180 Medical Phone: 877-688-2729 Fax: 888-718-0633

REORDER NUMBERS

1L Drainage Bag	Dressing Kit
4992301	4991503
1L Drainage Bottle/Dressing Kit	
ASP-10	

Who should I call if I have questions about my catheter?

For general questions on how to use your catheter, you may call the clinical information line at 1-833-3ASPIRA (327-7472) toll free. You may also call your doctor or nurse.

Where can I find a video to explain how to care for and drain fluid from my Aspira Drainage Catheter?

If your doctor or nurse did not provide a DVD, you may find the patient drainage video on www.myaspira.com or request a DVD by calling Customer Service at 1-800-356-3748 toll free.

Disclaimer: All of the answers provided are suggestions, and only your doctor can make the appropriate decisions based on your particular clinical situation and need. Your doctor's advice overrides any of the recommendations provided in this patient guide.

GLOSSARY

Ascites Fluid that builds up in the abdomen.

Catheter Soft silicone (plastic) tube that is placed inside the body.

Cuff Small piece of mesh around the catheter that helps the catheter stay in place while inside the body.

Exit Site Small cut where the catheter comes out of the skin.

Insertion Site Small cut where the catheter is inserted by the doctor.

Peritoneal Space Space surrounding the abdominal organs where fluid may build up.

Peritoneum Membrane that lines the inside of the abdomen and surrounds the abdominal organs.

Pleural Effusion Fluid that builds up in the pleural space.

Pleural Space Area between the lungs and the chest wall where fluid may build up.

DRAINAGE RECORD

Date	Volume (mL)	Notes

Date	Volume (mL)	Notes

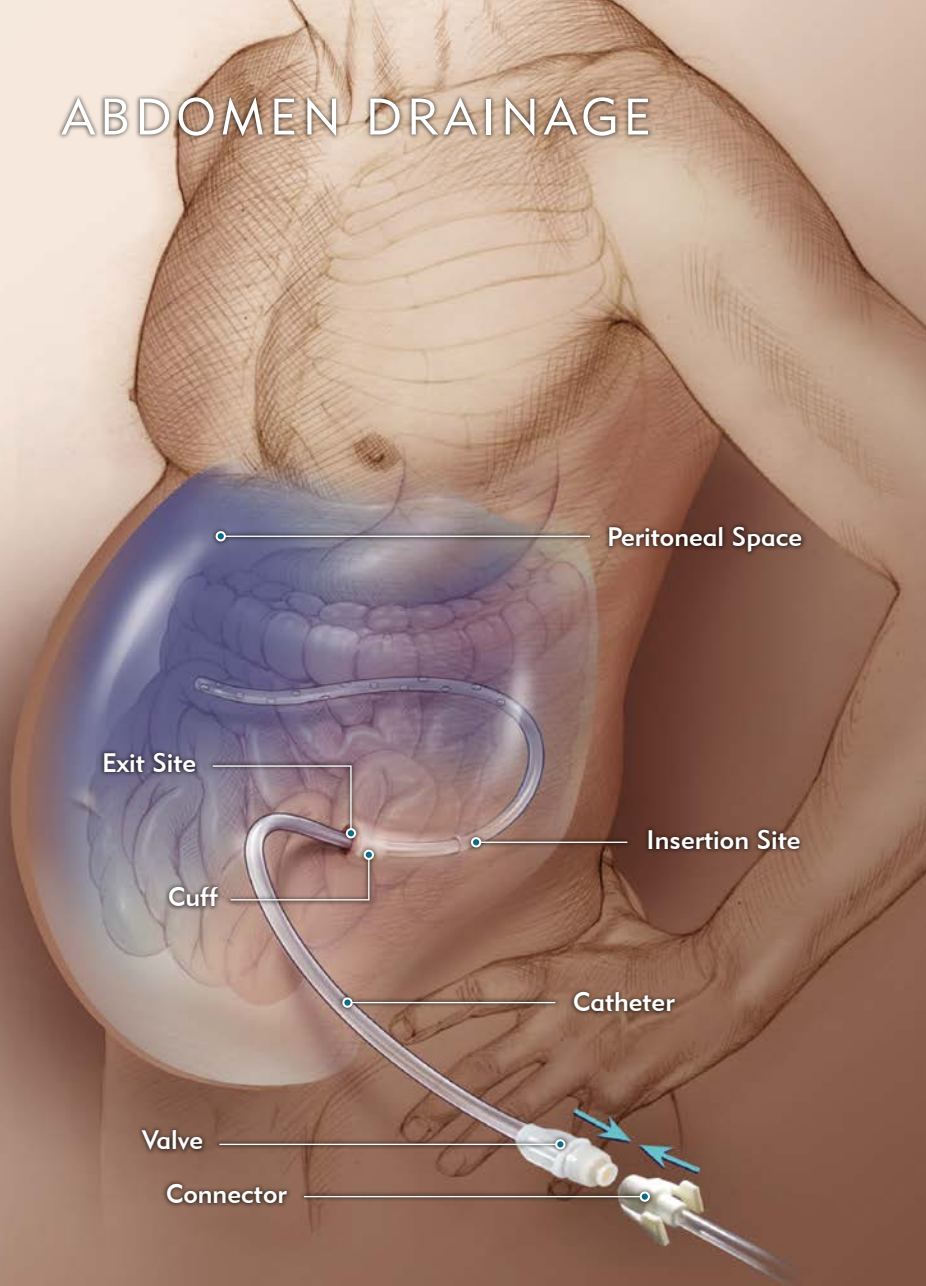
Date	Volume (mL)	Notes

Date	Volume (mL)	Notes



REORDER NUMBERS	
1L Drainage Bag	Dressing Kit
4992301	4991503
1L Drainage Bottle/Dressing Kit	
ASP-10	

ABDOMEN DRAINAGE





For additional information, scan
the QR code or visit myaspira.com.

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