

Supplies

1. Clean inner cannula
2. Gauze dressing

Changing and cleaning your inner cannula is an essential part of tracheostomy care. This helps to remove mucus, prevent blockage and may reduce infection risk. Your inner cannula should be removed, cleaned, and changed at least daily, but it is common practice to change this every 4-6 hours - if you are changing the inner tube very frequently eg. hourly - please consult your clinician.



Perform hand hygiene.



Prepare a cleaning station. Place a clean inner cannula in front of you to the left. This will be your "clean" side.

Place a clean gauze dressing in front of you to the right. This will be your "dirty" side.



Secure neck flange while removing the inner cannula from the outer tube.



Place the used inner cannula on the gauze dressing on the "dirty" side.



Secure neck flange while inserting the clean inner cannula into the outer tube. Ensure the inner cannula is locked in place. You can now prepare to clean your dirty inner cannula.



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The word "Atos" in a bold, red, sans-serif font.