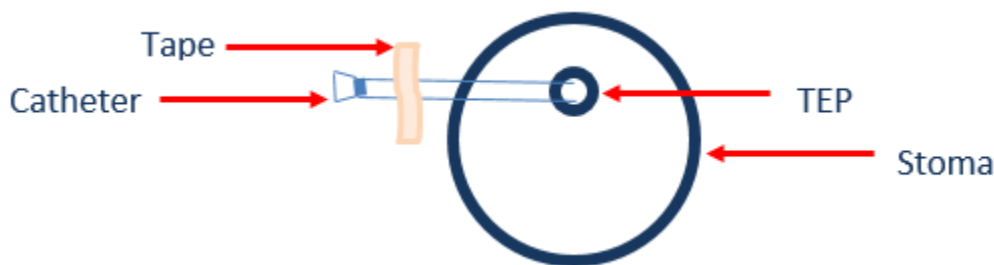


Downsizing My Tracheo-Esophageal Puncture (TEP) 16/17 Fr What Do I Do?

1. Remove the TE voice prosthesis. Insert a 14 Fr red Robinson rubber catheter into the TEP and secure with tape to the peristomal skin as close to the stoma as possible.



2. Every 2-4 days (if no fluids are leaking around the catheter), downsize to the next size catheter as follows: 14Fr → 12Fr → 10Fr → 8Fr
3. If fluids are leaking around the catheter, keep the same catheter in place for an additional 2-4 days. If fluids are still leaking after 8 days, call your Speech-Language Pathologist.
4. Once you have placed the 8Fr catheter, leave it in place for 3 days. Remove the catheter right before you go to bed (this allows 6-8 hours of healing while you rest). The TEP should be nearly closed at this point. However, fluids can still leak through. To minimize leaking through, try the following:
 - a. Take small drinks
 - b. Sit in a reclined position while drinking
 - c. Take a bite of something followed by a drink
 - d. Take small drinks throughout the day versus large drinks at one sitting

Each day there should be less fluids coming through the TEP. If after 3 days, fluids are still coming through the TEP, call your Speech-Language Pathologist to discuss a plan of care.

Who do I contact if I have questions?

Your Speech-Language Pathologist:

Teresa Lyden, MA, CCC/SLP, (734) 936-8051

Anna Hardenbergh, MA, CCC/SLP, (734) 936-8051

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