

Discharge Instructions for T-Tube Care

Your doctor has decided to send you home with your T-tube in place. The T-tube will stay in place until you are scheduled for a T-tube cholangiogram. Ask your nurse for a copy of the T-tube cholangiogram information sheet. It will tell you about the test.

Important: Avoid pulling on the T-tube or doing anything that might dislodge the T-tube or pull it out.

Skin Care

You must take care of the skin around the T-tube every day. This prevents crusts from forming around the T-tube. Follow these steps:

1. Gather your supplies
 - mild soap
 - towel and wash cloth
 - 4x4 gauze pads
 - tape
 - scissors
 - bag or newspaper
 - ointment, if ordered
 2. Wash your hands carefully using warm water, dry.
 3. ***When caring for the T-tube, be careful not to put any tension on it.***
 4. Remove the old dressing. Throw it away in the bag or newspaper.
 5. Gently clean the skin around the tube with soap and warm water. Clean the outside of the tube. Rinse well.
 6. Look for signs of infection:
 - Spreading red areas on the skin around the T-tube
 - Yellow skin
 - Yellow bile draining out around the outside of the T-tube
 - Bloody liquid draining from the tube
 - Cloudy or creamy liquid draining around the tube
- If you see any of these signs, call _____ at (612) 467-_____.

(over)

7. Apply ointment to the skin, if ordered by your doctor.
8. Cut a slit into the center of the 4x4 pad.
9. Put the 4x4 pad around the tube, against the skin, and tape it in place. Do not use too much tape.

Drainage Bag

If your T-tube is attached to a drainage bag, you will have to empty the bag every day. Wash your hands before and after you empty it. You will be sent home with a measuring container. Use it when emptying your drainage bag. Write down the amount of drainage each time you empty the bag. Take this information with you to your next clinic appointment. After you have measured the drainage, flush it down the toilet. Wash the container with soapy water and rinse after each use.

Other Information

Keep all your clinic appointments.

Please call one of the numbers listed below if:

- You are shaking or have chills
- You have an unexpected or unexplained temperature of 100 degrees or more
- You feel sick to your stomach
- The whites of your eyes become yellow
- Your T-tube breaks off

Minneapolis VA Medical Center Phone Numbers

- Your coordinator at (612) 467-2065. See contact card for coordinator's name and direct number.
- Telephone Care at (612) 725-2242, Monday through Friday, between 8:00 a.m. and 4:30 p.m.
- Urgent Care at (612) 467-2771.

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