Information for patients and nurses

Rocket IPC Peritoneal Catheter

Rocketmedical

Rocket homecare

...home is where you need to be

Rocket homecare & GDPR:

- *Your hospital send Rocket homecare information about you prior to being discharged with an IPC (NHS number, name, address and basic clinical information).*
- *This information is used by Rocket homecare to contact and subsequently train your community nurse team on how to use and order the ongoing products.*
- *All information is held on a secure database for a period of 2 years (when it will auto-delete).*
- *You have the right to ask Rocket homecare to delete this information at any point (right to be forgotten).*
- *Rocket homecare do not use your information for marketing and the information is kept completely confidential.*

Rocket Indwelling Peritoneal Catheter (IPC)

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Please keep this information booklet with you and present it to your District Nurse when they visit or to the medical staff if admitted to hospital.

Contact Information

Hospital Sticker:

Patient Instructions:

Date of Catheter Placement:

Date of Suture Removal:

District Nurse based at:

Contact Number:

Contact Name:

GP:

Contact Number:

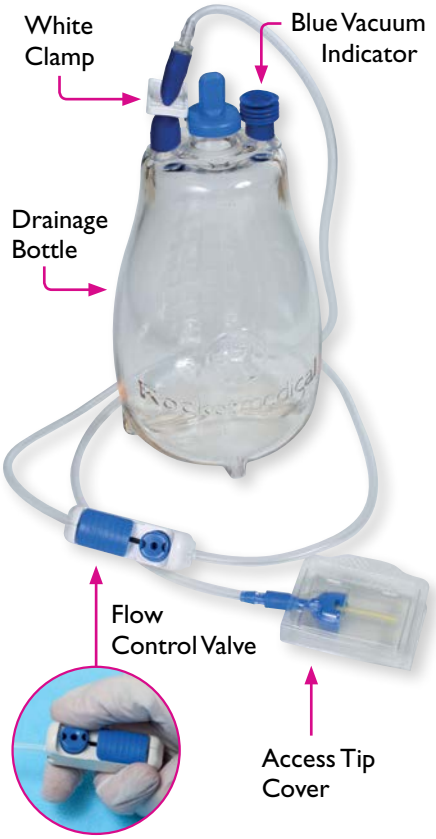
Hospital Ward:

Contact Number:

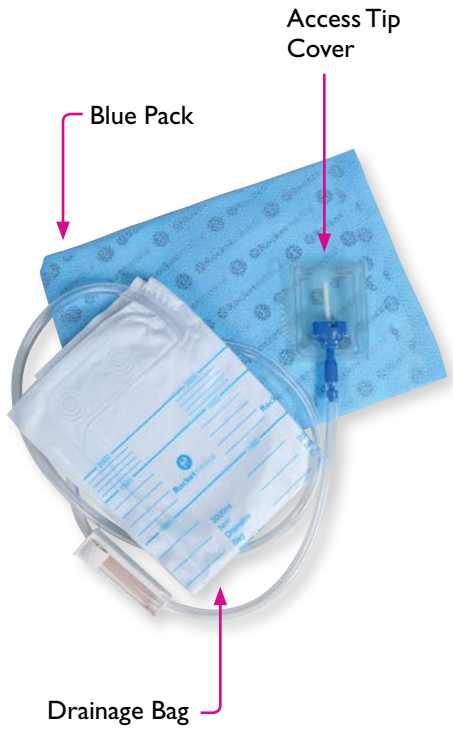
Contact Name:

What's in the Rocket Dressing Pack and Drainage Kit?

DRAINAGE BOTTLE



DRAINAGE BAG



The Dressing Pack and Drainage Kit contain a Drainage Bottle OR Bag, Blue Pack and Waste Disposal Bag.

The wrapped Blue Pack contains all you will require to perform the procedure.

Please keep this information booklet with you and present it to your District Nurse when they visit or to the medical staff if admitted to hospital.

What's in the Rocket Dressing Pack and Drainage Kit?

When you open the Blue Pack it will contain the following:

What is a Rocket Indwelling Peritoneal Catheter?

The Rocket Indwelling Peritoneal Catheter or IPC is a soft tube or 'drain' that your doctor has recommended for the removal of fluid from your abdomen. This fluid is one of the causes of your increasing symptoms such as your distended abdomen or discomfort/pain. This tube means that when a build up of fluid occurs in your abdomen and you experience discomfort, the fluid can be removed quickly and easily using a drainage kit by yourself, your carer or your district nurse.

Before you return home a nurse will teach you how to connect a bag or bottle up to the tube in your abdomen so that you can remove the fluid. Your doctor will tell you how often you should do this.

After the fluid has been removed the bottle or bag is disconnected. The bottle or bag will be disposed of. Your district nurse will guide you on correct disposal at home.

The catheter is then covered with a clean flat dressing so that it is not visible under your clothing.

This means that your treatment should not interfere with any of your normal activities when your insertion sites have healed. If the catheter is covered properly you will also be able to shower and bathe as usual.

A district nurse will be in contact to provide advice and drainage kits, and if required your district nurse will drain the fluid for you as well.

This booklet contains information on how to connect your catheter to the drainage device and drain the fluid. There is also a chart to complete for the volumes drained.

If you see anything around your wound or drain that you think is not normal such as redness, swelling or fluid around your catheter, complete the procedure, cover the wound with a dressing and contact your doctor or nurse.

Please keep this information booklet with you and present it to your District Nurse when they visit or to the medical staff if admitted to hospital.

Using Your Rocket Indwelling Peritoneal Catheter Kit

Important!

- *You should have already received training on the correct drainage procedure, if not please contact your doctor or nurse. However, as a reminder we have provided these step by step instructions that should be clear and easy to follow.*
- *Drain only as directed by your doctor.*

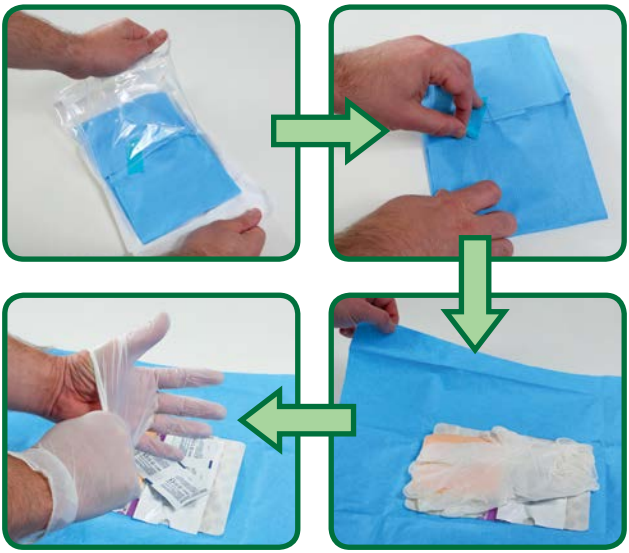
Before You Begin

1. You will need a clean, clear workspace, ideally a table or bench top.
2. Open your Rocket IPC Drainage Kit containing: 1 x Drainage Bag or Bottle and blue pack. Remove both the drainage device and the blue pack keeping them in their wrapping and place on your clean workspace.
3. **Thoroughly wash your hands with warm, soapy water for at least 1 minute before you begin.**

4. Open your blue pack by peeling the pouch apart.
5. Remove the waste disposal bag and place it nearby so that waste can be easily put into it, but so that it is not on the clean area.
6. Position the blue pack on your clean, clear workspace with the tape facing upwards.
7. Remove your dressing from over your catheter. If you see anything that you think is not normal such as redness, swelling or fluid around your catheter, complete the drainage, cover the wound with a dressing and then contact your doctor or nurse. Put the dressing you have just removed into the waste disposal bag.
8. **Thoroughly wash your hands again with warm, soapy water for at least 1 minute before you begin.**

Before You Begin Continued

9. Carefully remove the tape from your blue pack and unfold the wrapping using only the edges or the corners. Making sure that the contents remain in the middle of the wrapping.



Important: This blue sheet is your sterile area. The items on this wrap are sterile and will remain sterile unless they come into contact with un-gloved hands or other items that are non-sterile.

10. Remove your drainage device from its wrapping.

Important: It is important that the access tip cover remains in place. If the cover has fallen off in the pack make sure that you do not touch the tip with your un-gloved hands or any non-sterile objects.

Using Your Rocket Indwelling Peritoneal Catheter Kit

11. Place the bag or bottle on the edge of the blue wrap and place the access tip onto the wrapping next to the rest of your sterile items.

12. You now need to put on your gloves. It is important that your gloves remain sterile so pick up one glove by the wrist and place it on your other hand (both gloves fit either hand).

13. There are at least 3 alcohol wipes (in pouches), tear these open but do not remove the contents. Place these on the blue wrap but position them away from the rest of the items.

Important: It is especially important that your gloves remain sterile, therefore be careful not to let the outside of the gloves touch anything that is non-sterile - your clothing, skin or anything that is not inside of the blue wrap.

14. Peel open the pouch containing the new valve cap and carefully let the cap drop into the middle of the blue wrapping.

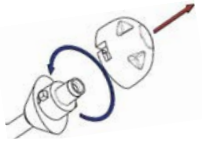
Drainage Procedure Using a Bag

Connecting the bag to your catheter.

1. Remove the access tip cover from drainage bag, place access tip back on blue wrapping.

Important: Keep ACCESS TIP away from other objects to avoid contamination.
Warning: Do not attempt to connect the catheter to any other drainage bottle and drainage line. Use ONLY those supplied by Rocket Medical plc.

2. Remove the catheter cap from your catheter by gently rotating anti-clockwise and pulling gently - discard into the waste disposal bag.



3. Using a **new** alcohol wipe, gently clean around the outside of the catheter valve, discard into the waste disposal bag.

4. Pick up the drainage line of the bag and gently insert the access tip into the valve. You will feel a little resistance while you do this, which is normal.

5. Lock the two together by lining them up as shown and rotating clockwise. You will hear a click.

At this point the fluid will start to drain into the bag.
Lay the bag on the floor and allow gravity to drain the fluid:
If possible avoid walking around whilst draining, we advise that you sit or lay down for the period of the drainage.

Please keep this information booklet with you and present it to your District Nurse when they visit or to the medical staff if admitted to hospital.

Drainage Procedure Using a Bottle

Setting Up

1. Remove your drainage bottle from the pack.

Important: It is important that the access tip cover remains in place. If the cover has fallen off in the pack make sure that you do not touch the tip with your un-gloved hands or any other non-sterile objects.

2. Remove the tape securing the tubing, and place the bottle on the edge of the blue wrap and place the access tip onto the wrapping next to the rest of your sterile items.

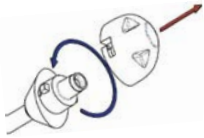
3. The white slide clamp on the top of your vacuum bottle is there to prevent a loss of vacuum in the bottle. The bottle contains a vacuum when it is supplied to you.

The bottle contains a vacuum when it is supplied to you. The blue indicator should look like this. This indicates the bottle has a vacuum.

If the indicator has expanded like this, then the vacuum in the bottle has been lost.

Important: If you find that the vacuum in the bottle has been lost and the indicator is in the expanded position, please put this to one side and use a new bottle.

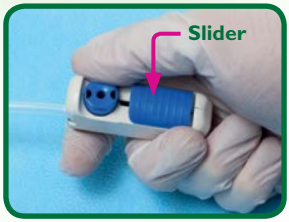
Setting Up - continued



4. Remove the catheter cap by gently rotating anti-clockwise and pulling gently - discard into the waste disposal bag.
5. Using a new alcohol wipe, gently clean around the outside of the catheter valve. Put the used alcohol wipe in the waste disposal bag.
6. Pick up the drainage line of the bottle and gently insert the access tip into the valve. You will feel a little resistance while you do this, which is normal.
7. Lock the two together by lining them up as shown and rotating clockwise. You will hear a click.

How to Drain Fluid

1. Hold the bottle and slide the white clamp to its open position. The bottle is now ready to use.
2. The Rocket IPC drainage bottle has a unique **flow control valve**, this means you are able to control the rate of flow of fluid from your chest into the bottle. Press the Push Button gently to begin flow into the bottle. If you experience little or no discomfort, increase the pressure on the button to give full flow. To hold the valve fully open, push the slider forward over the button.



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Drainage Procedure Information

Important: During the drainage procedure it can be quite normal to feel some discomfort. If you do feel more significant pain after doing this, **contact your nurse or doctor. Pain may be an indication of infection.**

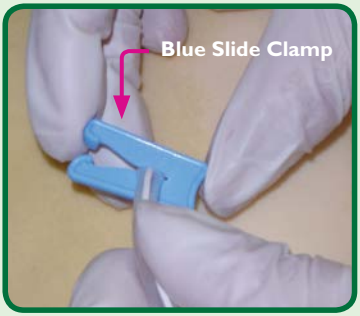
Do not drain more than advised by your doctor or nurse at any one time. If unsure do not drain more than 2000ml of fluid from you abdomen in a 24Hr period.

If you have the need to drain fluid, but no fluid runs in to the bag or bottle, **contact your doctor or nurse.**

Do not use sharp objects near the Rocket IPC Catheter. If you accidentally cut or pierce your catheter, use the blue slide clamp and immediately clamp off your catheter by following the steps below:

a) Position your fingers between your body and the cut - pinch the catheter closed.

b) Take the small slide clamp and slip it over the catheter then push the catheter into the narrowed end of the clamp. Doing this closes off the catheter and prevents air getting in or fluid escaping.



c) Contact the ward you were discharged from immediately.

Finishing the Drainage Procedure

1. When the fluid has finished draining into the bottle/bag, or there is too much discomfort to continue, take the drainage line in one hand and the catheter valve in the other. Rotate the drainage line anti clockwise and slowly pull the access tip out of the valve in a smooth motion. Put the drainage line from the bottle/bag down.

2. Use a **new** alcohol wipe to gently clean around the outside of the valve.

3. Take the **new** catheter valve cap and rotate it clockwise until it clicks into position.

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How to Place a New Dressing

1. Clean around the catheter exit site with a **new** alcohol wipe.

2. Place the foam catheter pad around catheter.

3. Open the clear dressing, with the backing material facing towards you. Peel this off using the split in the centre of the backing.

4. Place approximately 3 pieces of gauze in the centre of the sticky material. Ensure there is plenty of space around the dressing. This will make it easier for you to apply the dressing.

How to Place a New Dressing - Continued

5. Wind the catheter carefully into loops and place over the foam.

6. You may remove your gloves at this stage. Remove the backing paper from the clear film dressing. Place centrally, sticky side down, covering the foam square. Ensure the clear dressing overlaps the foam square on all sides. Press down firmly.

7. Hold one of the central coloured tabs on the dressing and pull the cover sheet away. Now smooth and press the edges of the dressing down, making sure that it is completely secure. Repeat for the other side.

8. Finally, remove the end paper tabs with one hand whilst continuing to smooth the edges down with your free hand. Repeat for the other side.

9. The clear dressing provided is water resistant and if placed correctly will allow you to wash, shower or bathe as normal. However take care to ensure no water leaks on to the gauze or the dressing will need to be replaced.

10. Place all the waste in the waste disposal bag, secure the bag and dispose of as instructed by your district nurses.

Information for District Nurses

The Rocket IPC drain is an indwelling catheter designed to drain recurrent effusion from the chest or abdomen. The long term drain is used to prevent repeat admission into hospital and improve or help maintain your patient's quality of life.

The catheter has a one way valve which when operated will only let fluid out, and will not let air back in. It is designed for patients to use themselves. However occasionally they may need some or complete assistance to use the system.

Vacuum bottles are generally used to drain fluid from the chest. Vacuum bottles or drainage bags can be used to drain fluid from the abdomen. This is dependent on what works best for the patient. Drainage usually takes between 5 and 15 minutes (Note - drainage using a bag can take up to 45 minutes). The Rocket IPC Dressing Pack and Bottle / Bag contains all that will be required to complete a drainage procedure. Between each drainage, the catheter is covered by a dressing and the patient can continue with their usual activities of daily living.

Following discharge from hospital, your patient may not necessarily require your assistance in the drainage procedure, however advice and support are required, unless circumstances change.

This booklet contains all the information you require on how to use the drainage kits and care for the catheter. There is also a drainage diary at the back of the booklet so that the drainage amounts can be monitored. If you require any further information please contact the ward the patient was discharged from.

If ordering the 2L drainage bags order on prescription tariff - Part IXA appliances: **Indwelling Pleural Catheter Drainage Systems, Rocket IPC Drainage Pack & Bag.** If ordering the 1L vacuum bottle order on - Part IXA appliances. **Indwelling Pleural catheter Systems: Rocket IPC Drainage Pack & Bottle.**

Description	Pack Size	Stock Code
Rocket IPC Dressing Pack & Bag*	5	R54401
Rocket IPC Dressing Pack & Bottle 1000ml*	5	R54411
Rocket IPC Pre Evacuated Bottle 1000ml*	5	R54411-00-00
Rocket IPC Valve Cap	10	R54410-00-CP
Rocket IPC Drainage Line	10	R54410-00-DL
Rocket IPC Replacement Valve	1	R54410-00-VV

****Please prescribe bottles in multiples of 5.***

Discharge Home: what you need to do now

1. Ensure Patient/ Community Nurse has undergone training and is confident using the Rocket IPC drain.

   There is a presentation on how to manage an IPC at **www.rocketmedical.com** Our video resources are all on the home page.

2. Ensure the patient has enough drainage kits.

Your patient will require an ongoing supply of drainage kits (vacuum bottles or drainage bags).

All the equipment needed for the drainage procedure and subsequent re-dressing is provided in a single pack. There are 2 options, a 2L drainage bag or a 1L vacuum bottle:
2L Drainage Bag Product Code: R54401 Rocket IPC Dressing Pack & Bottle.
1L Drainage Bottle Product Code: R54411 Rocket IPC Dressing Pack & Bottle.

The packs can be ordered on prescription, tariff Part IXA appliances:
- *Indwelling Pleural Catheter Drainage Systems.*
- *Rocket IPC Drainage Pack & Bag.*

or - *Rocket IPC Drainage Pack & Bottle.*

Please prescribe drainage pack and bag or bottles in Multiples of 5.

These can be ordered from the patient's local pharmacy. If lead times are quoted at 8-10 days, ask the pharmacist to contact Rocket Medical directly.

Pharmacies can order direct from Rocket Medical on 0191 419 6988.
Delivery should be within 48hrs of receiving the order.

The drainage kits are for single use only. Drained fluid may not be suitable for disposal in the domestic setting and used bags or bottles should be disposed of in accordance with your local protocol for handling contaminated waste/substances.

3. Ensure Community Nurse has relevant instructions for use, for the Rocket IPC drain and contact details for Rocket Medical plc if advice or extra training is required.

If further clinical advice is required please contact the patient's discharging ward. For further details and supplies of Rocket IPC Dressing Pack & Bag Packs, please contact our Customer Services Team for assistance on 0191 419 6988 or our IPC support team on IPCsupport@rocketmedical.com

Drainage Diary

Use the comments section to record the colour and consistency of the drained fluid. If a sample has been taken for testing, please ensure the date is recorded.

Date:	Time:	Volume:	Running Total Volume:
Comments:			
Date:	Time:	Volume:	Running Total Volume:
Comments:			
Date:	Time:	Volume:	Running Total Volume:
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Drainage Diary

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Comments:			
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Comments:			
Date:	Time:	Volume:	Running Total Volume:
Comments:			

Please keep this information booklet with you and present it to your District Nurse when they visit or to the medical staff if admitted to hospital.

Drainage Diary

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Comments:			
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Drainage Diary

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Please keep this information booklet with you and present it to your District Nurse when they visit or to the medical staff if admitted to hospital.

Drainage Diary

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Date:	Time:	Volume:	Running Total Volume:
Comments:			

Frequently Asked Questions

1. How long will the catheter be in my abdomen?

The catheter will be in your abdomen until you have 2-4 weeks with minimal or no drainage. The amount of time will vary from patient to patient, but the catheter could remain in place for several months.

2. When will the sutures (stitches) be removed?

Your nurse should remove the bottom set after 5-7 days and the top set 12-14 days, or when wounds have healed for suture removal to occur.

3. How often should I drain the fluid from my abdomen?

Initially, the drainage usually takes place twice a week. This may need to be increased if your discomfort returns within a short space of time. Discuss this with your nurse or doctor.

By keeping your abdomen fairly free of fluid you are less likely to feel any discomfort.

Draining the abdomen in this way could prevent the fluid from building up again and may mean that the catheter can be safely removed.

4. What if I still feel discomfort after I have finished draining?

You should not drain more than 2-litres of fluid per day. This is equivalent to x1 2-litre bag or x2 1-litre bottles. If you continue to have discomfort after draining 2-litres, please contact your referring Consultant.

5. What do I do if I experience pain when draining?

During the drainage procedure it can be quite normal to feel some discomfort. If you continuously feel severe pain after doing the procedure contact your nurse or doctor.

6. What does it mean if the volume of my drainage is smaller or I do not drain any fluid?

- *If you drained normally last time and the fluid suddenly stops during drainage then it may be possible that some debris may be blocking the line. Replace the bag and repeat the drainage procedure.*
- *If you drained normally last time and there is no drainage at all, it may be that your catheter is blocked. Using vacuum drainage bottles can reduce the risk of blocking from debris. Contact your doctor so that the catheter can be checked.*

Please keep this information booklet with you and present it to your District Nurse when they visit or to the medical staff if admitted to hospital.

Frequently Asked Questions - Continued

7. What should I do if the drainage fluid changes colour?

Make a note in the drainage diary in this booklet. Any change in the appearance of the fluid should be reported to your nurse or doctor.

8. Can I take a shower with a catheter in place?

Yes, if the self-adhesive dressing supplied in the procedure pack, is properly and securely attached to your skin.

The self-adhesive dressing is designed to keep fluid out. Be sure the dressing is completely and securely attached and that the catheter and the gauze pads are all contained underneath it.

If the gauze becomes wet when showering, remove the dressing immediately, clean and dry the area and apply a new dressing as shown in this booklet.

9. What happens if the IPC catheter falls or is pulled out?

The IPC catheter has a polyester cuff that is normally under the skin where the catheter is inserted. This cuff and the area where you will have had sutures in place where the catheter exits the body, helps keep the catheter in place.

In the very unlikely event that the catheter falls or is pulled out, cover the wound with a sterile dressing and seek immediate medical attention.

10. What do I do if the valve should come away from the catheter?

Take the small blue slide clamp from the procedure pack and slip it over the catheter then push the catheter into the narrowed end of the clamp. Doing this will close off the catheter and prevent fluid escaping.

Contact your discharging ward or doctor immediately.

Rocket homecare

For any support related to your indwelling catheter,
please contact the Rocket homecare team 0191 419 6949.

IPC

Rocket medical

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Rocket® IPC Peritoneal Catheter *Copyright© 2014 Rev3 (23/07/20) - R89936*

With thanks to Glenfield Hospital.