Montgomery Cannula Care

Respiratory Services

Note: This booklet contains information on Montgomery Cannula care at home. Talk to your health care provider if you are experiencing any difficulty with your Montgomery Cannula or your breathing.
Montgomery Tracheal Cannula (Monty Tube)

The tube you have in your throat is a Montgomery long term cannula. This has been inserted into the opening in your throat (stoma).

A Monty tube is different than a standard tracheostomy tube because it does not have an inner cannula to remove for cleaning. You need to keep the Monty tube clean and clear of mucous and secretions. If you do not clean it well, it can get plugged with secretions and mucous which will make your breathing difficult.

Size of My Monty Tube

You need to know the type, size, and position of your Montgomery tube. If you do not, ask your doctor or the care provider at the clinic where you had it put in.

Looking After My Monty Tube

Your doctor or respiratory therapist (RT) teach you how to remove, clean, and reinsert your Monty tube.

Supplies I Need at Home

- small container
- sterile water or normal saline
- Q-tips®
- mild, unscented soap
- gauze (2 cm by 2 cm or 4 cm by 4 cm)
- pipe cleaners
- water soluble lubricant
- mirror
- bright light
- suction machine and catheters
- humidity machine and supplies
Cleaning My Monty Tube While it is in My Stoma

1. Set up a mirror and light so you can see the inside of your Monty tube. Notice where the O-ring is placed, and how many ridges there are from the O-ring out to the end of the Monty tube. Normally, you will see 4 ridges.

2. Wash hands well with soap and warm water or alcohol based hand cleaner. Allow to dry thoroughly, and put on gloves.

3. If you use a plug or speaking valve, remove it by gently pulling it off the end of your Monty tube.

4. Mark a Q-tip® the same length as your Monty tube, and hold it at this mark.

5. Clean the secretions from your Monty tube as follows:
   - For loose, stringy secretions, use a dry Q-tip® to clean the inside of the Monty tube. Twirl the applicator to grab and pull out the secretions. If you use a suction machine with a suction catheter attachment, do not go past the end of the Monty tube inside your throat.
   - For dry crusted secretions, dip a Q-tip® in sterile water (or saline) and carefully clean the inside of the Monty tube. Do not go past the end of the tube inside your throat. Repeat as needed using a new Q-tip® each time, until the Monty tube is clean.
   - For heavy crusting or a thick mucous plug, check with your doctor or RT about different humidifiers or treatments to loosen secretions. If you cannot remove secretions, use a humidifier or nebulizer for 30 minutes before cleaning you Monty tube.

6. Clean the outside of the stoma with a Q-tip® (or gauze) soaked in sterile water (or saline). Make sure to get under the O-ring, close to your neck. You may ease the O-ring over the ridges, away from your throat. This makes it easier to clean the skin around your stoma.

7. Dry the area with a dry Q-tip® or gauze.

8. When the area around the stoma is dry, ease the O-ring back to its original position.

9. If you use a plug or one-way speaking valve, re-attach it. Try not to rotate the Monty tube when you remove or reattach your plug.

10. Do a final check of your Monty tube. The grooved part of the ridges must be in the 6 o’clock position (pointing towards your toes). The O-ring should be behind the proper number of ridges.
Remove and Clean My Monty Tube

1. Wash hands well with soap and warm water or alcohol based hand cleaner. Allow to dry thoroughly, and put on gloves.

2. Hold on to your Monty tube firmly. Remove it with a slow, steady pull. **Do not** yank it out.

3. Notice the position of the O-ring on the Monty tube - which ridge it is behind. Remove the O-ring and plug.

4. Soak the Monty tube in mild soap and warm water to help loosen mucous or crusts. Use a pipe cleaner to gently scrub the inside of the Monty tube. Do not scratch the polished inner surface. Clean the outside if needed.

5. Rinse the inside and outside of the Monty tube well with warm water to remove all of the soap.

6. Use gauze to pat dry the outside of the Monty tube. Use a dry applicator to dry the inside.

7. Before you replace the Monty tube, clean the skin around your stoma with a Q-tip® or gauze, and pat it dry.

Reinsert My Monty Tube

1. Insert only a clean and dry Monty tube.

2. Make sure the O-ring is attached.

3. Squeeze a little lubricant onto some clean gauze. Rub a thin layer of the lubricant onto the flange of your Monty tube. Make sure the groove is in the 6 o’clock position (down towards your toes).

4. Tilt your head back slightly. Carefully insert the bottom flange of the Monty tube into your stoma. Tuck in the top flange and gently push inward until you feel a pop. If you push the Monty tube in too far, you might cough or feel short of breath. If it is not in far enough, you might have pain, it might feel irritated, or the Monty tube will move outward. To fix this:

   - if your stoma feels painful, irritated, or the Monty tube has moved outward, push it ½ cm further into the trachea - do a gentle side-to-side twisting motion to make sure the flanges have popped open.

   - if you feel short of breath, pull the Monty tube forward until you feel the flanges engage or feel the Monty tube tug on the inside wall of the trachea.

5. Once the Monty tube is inserted, gently pull it slowly outwards until you feel the flange engage (or feel the Monty tube tug) on the inside wall of the trachea.
6. Ease the O-ring back towards your neck and put it in the original position. This is normally between the last and second last ridge on the Monty tube, closest to the neck.

7. Recheck to make sure your Monty tube is in the right place (groove down towards your toes). Make sure the O-ring is against your stoma and behind the correct ridge on the Monty tube, and attach a plug or speaking valve back on the end, if you use one.

General Information

Humidification
- Drink at least 8 to 10 glasses (1 glass = 250 mL or 8 oz) of water a day unless your health care provider advises you otherwise.
- Use a humidifier in the home.

Bathing
- **Do not** allow water to enter the Monty tube. Direct shower spray below chest level, shield the tube with a shower guard or mask, or use a plug if tolerated.
- **Do not** go in water above your chest.

Clothing
- **Do not** wear clothing that blocks the Monty tube.
- **Do not** wear clothing that sheds fibres (e.g. angora or wool sweaters).
- **Do not** wear necklaces, medallions, or small objects on strings around the neck that could fit into the Monty tube.

Environment
- Lightly cover the Monty tube with a scarf, kerchief, or gauze in cold weather or on windy days.
- Avoid exposure to dust, mold, and smoke from tobacco or other sources.
- Avoid fumes from cleaning solutions such as ammonia, bleach, furniture polish, or other strong smelling solutions.
- Use damp dusting and vacuuming to clean your home which decreases the amount of dust.
- To decrease irritants like pollens, avoid houseplants that bloom.

Signs and Symptoms of Infection
- Tenderness, redness or swelling around the stoma.
- Drainage from the stoma site.
- Changes in colour, thickness, odour, or amount of secretions.
- Fever, generally feeling unwell.
- Increased cough, difficulty breathing or clearing your airway with coughing or suctioning.

*Talk to your health care provider if you are experiencing any of these signs and symptoms.*
Washing your hands before suctioning or stoma care is your best defense against infection.

Avoid people with respiratory infections.

If you have questions/concerns, please call:

Tracheostomy Clinic
Wascana Rehabilitation Centre
Phone: (306) 766-5973
Fax: (306) 766-5769

Acknowledgements:
This booklet includes information developed by Alberta Health Services (Peter Lougheed Centre - Tracheostomy Clinic) - Caring For Your Montgomery Tracheal Cannula.
Checklist for Going Home with a Monty Tube:

Type of Monty Tube Inserted:

Inner Diameter: ____  Length: ____  Position: ______________

Items required:

☐ Extra monty tube of the same size
☐ Suction catheters: Size __________
☐ Suction machine and supplies
☐ Humidity machine and supplies
☐ Normal saline (or sterile water)
☐ Hydrogen peroxide (optional)
☐ Disposable gloves
☐ Oxygen, if ordered