Ways of extracting the phlegm

Phlegm suction should be done according to the doctor’s instructions, do not suction the phlegm one hour before and after the meal.

- Wash front and back hands properly

- To avoid contamination, put on the aseptic gloves for phlegm extraction purpose before using the phlegm extraction tube. Phlegm extraction tube and aseptic gloves can be used only once and should not be in contact with other objects.

- Open the wrap of the phlegm extraction tube, connect to the tube of the phlegm suction machine. Put on the aseptic glove in the right hand and take out the suction pipe and surround it around the hand, using the left hand to turn on the machine.

- Handle the phlegm extraction tube with care. During the process, slow down the action and avoid the extraction and suction movement. When beginning to suction, use the left hand to press the opening of the arranger and start to inhale. Hold the tube by using the right hand and twist the tube by 360 degrees movement then pull it out. Suction time should not exceed 15 seconds. The interval between two suctions should be between 1-2 minutes, and monitor the patient’s reaction at all time, and suspend the movement if necessary.
- The extraction container of the phlegm suction machine should be cleaned every day to avoid contamination and causing an effect on the suction.

- Sequence of phlegm suction: trachea → nose → mouth