

Suction Information Guide

for people with MND and their carers

This information is written to guide people with Motor Neurone Disease (MND) and their carers in carrying out oral suction at home.

Oral suctioning may be necessary as swallowing becomes less effective. It is performed to remove excess secretions from the mouth to maintain comfort and oral hygiene.

Performing oral suction



Oral suction involves the insertion of a Yankauer into the mouth to remove sputum or saliva. This will be demonstrated to you by a health care professional.

The following method is recommended:

- Look at the suction machine and ensure all parts of the equipment are clean and intact.
- Sanitise your hands and ensure the person receiving suction is seated or lying comfortably.
- Attach the yankauer to the long flexible suction tubing and switch on the machine.
- Set the pressure 80-200mm/Hg by turning the operating knob.
- Insert the yankauer gently into the mouth until it reaches the pouch of the cheek. Put your thumb over the vent to suck secretions. Gently sweep over the arch of the tongue to the pouch of the opposite cheek.
- Ensure the tip of the yankauer is not inserted too far back in the mouth to prevent gagging and choking.
- Only apply suction through the yankauer for a short period of time (no longer than 10 seconds)
- Repeat again if necessary.
- Flush through the tubing with cooled boiled water.

Equipment

- Suction machine
- Suction tubing & Yankauers should be replaced as required.

Infection Control

Suction Jar

- When emptying the non-disposable suction jar the following precautions should be taken:
- The jar must be disconnected from the vacuum system, carried carefully to a toilet and poured gently to minimise splashing to the surrounding environment. Secretions should be flushed away with copious amounts of water.
- The jar should be rinsed and then washed with a General Purpose Detergent (GPD) and hot water solution. It must be rinsed again in fresh water and dried with disposable paper towel.

Suction Tubing & Yankauers

- These items should be flushed through with cool boiled water after use and replaced as required.

Storage

When the suction unit is not in use, the bottle must be kept clean and dry and the yankauer should not be connected until it is required. Patients / carers should be encouraged to cover the machine with a dust proof cover if not in use e.g. clean tea towel.