

# Tracheostomy Capping at Home

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Your doctor will talk with you about when your tracheostomy (**trach**) tube can be removed. The procedure to remove your trach tube is called **Decannulation**. This will be done by a doctor in the medical clinic or doctor's office.

Before your tube can be removed, you will need to do trach capping trials at home. Capping trials are a set schedule of times when you will cap your trach tube. Doing these trials will let you test your ability to swallow and how well you can breathe through your nose and mouth. Your doctor will let you know how often and how long to cap your trach tube.

Start capping your trach tube\_\_\_\_\_

## Follow these steps to cap your trach tube:

- Place the cap over your tube opening to block air from going through the trach tube.
- Once your trach tube is capped, breathe through your nose and mouth.
- Keep the cap on the tube as long as you are comfortable with breathing or do not feel short of breath.
- **If you have any problems with breathing or are unable to cough or clear secretions, remove the cap right away.**

Most times the trach tube can come out when you are able to keep the tube capped for 24 to 48 hours at a time. You also need to be able to swallow and cough to clear out secretions from your throat.

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**This handout is for informational purposes only. Talk with your doctor or health care team if you have any questions about your care.**