



# Patient Information Sheet

## Going home with Rocket® Ambulatory Chest Drain (Flutter Bag)

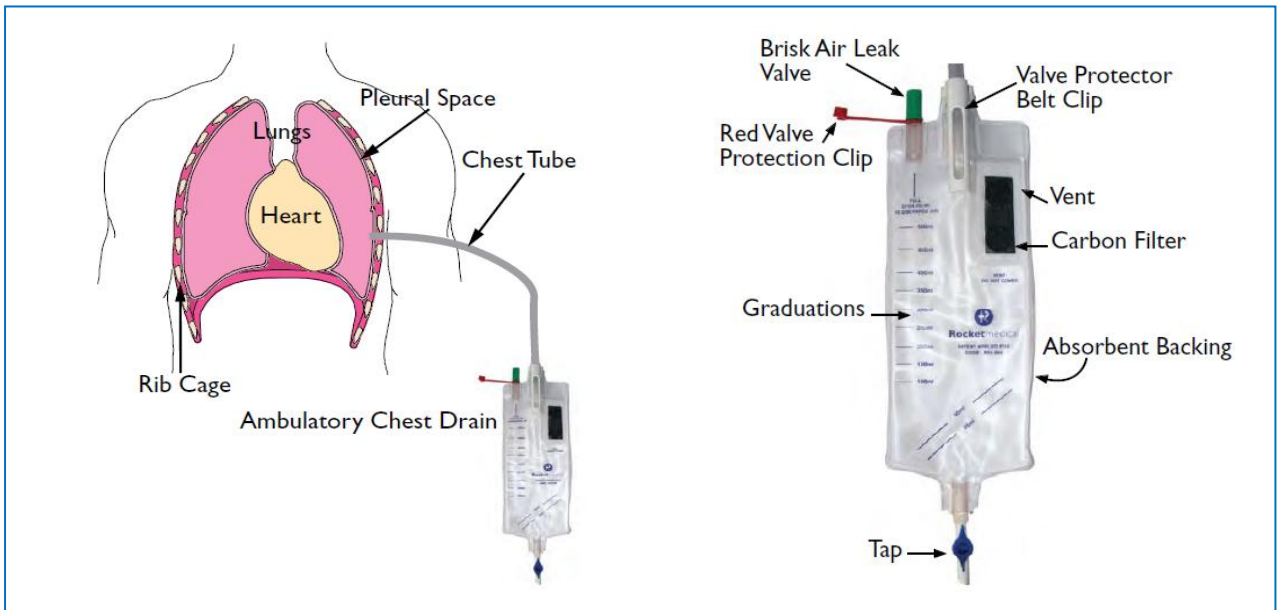
### Introduction

This leaflet provides information about your chest tube connected to a Rocket® Ambulatory Chest Drain bag (often referred to as a “flutter bag”) and what to do when you are at home. If you have any further questions, please speak to a member of the team.

### About your Rocket Ambulatory Chest Drain

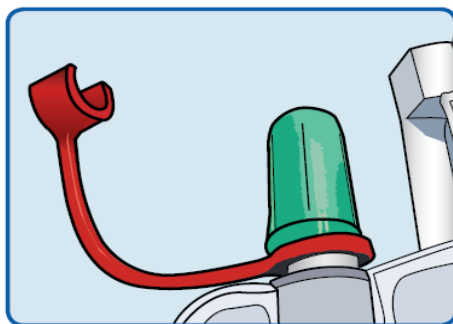
- You had a chest tube (chest drain) inserted in hospital to allow drainage of fluid (effusion) and/or air (pneumothorax) from the chest cavity (the space between the lungs and the rib cage).
- You are now ready to go home but you still require the chest tube to remain in place until further review.
- Prior to discharge, the pleural team will connect your chest tube to a Rocket® Ambulatory Chest Drain (flutter bag).
- When attached to the chest tube, the ambulatory chest drain allows you to be mobile and enables you to go home while continuing your recovery.
- It works by allowing air to flow out of the bag through the one-way flutter valve, while preventing air from going back into your chest.
- It will also allow collection of any fluid that has drained from the chest.
- The drain comes with a belt, which will help keep the bag in place. This will be fitted around your waist before discharge and can be adjusted using the Velcro strips.

**Different parts of your Rocket Ambulatory Chest Drain (flutter bag) can be seen on the pictures below:**

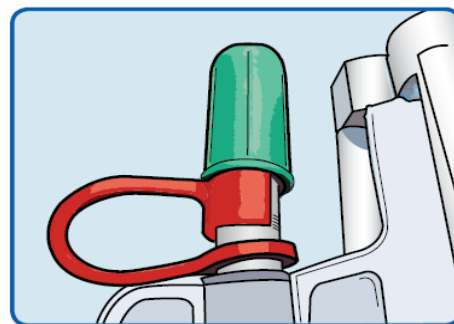


### **How to care for your Ambulatory Chest Drain**

- Keep your ambulatory chest drain (flutter bag) attached to the belt, with the front of the bag (visible carbon filter and graduations) facing outwards.
- When in bed, do not lie on the bag as this can prevent it from draining.
- **Keep the valve open at all times.** A red clip prevents the valve from accidentally closing and acts as a reminder that it is open. If the red clip disconnects, place it underneath the green cap in some bags it is blue colour) and push it into place.



**Valve Closed**

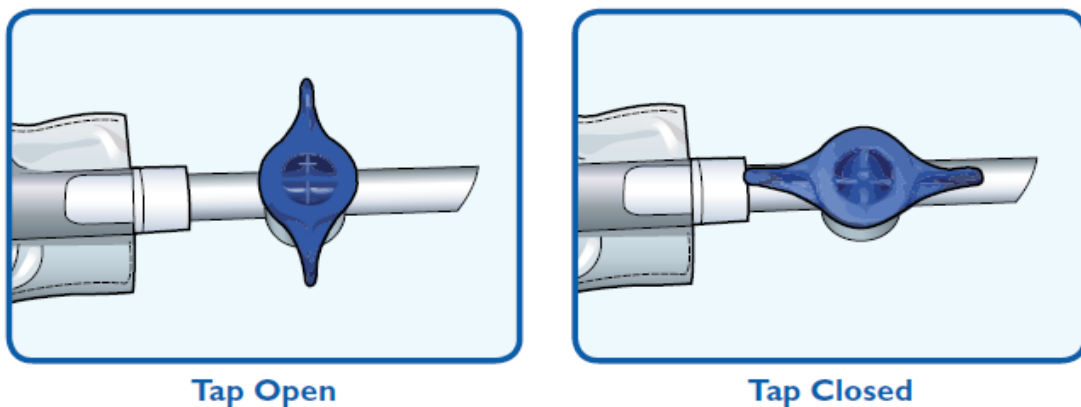


**Valve Open**

If you feel that not enough air is escaping from the bag and the bag has become inflated, check the green valve (in some bags it is blue), is open at the top of the bag and is not blocked. If the valve has become blocked with thick fluid, the bag will need replacing.

If you have fluid in your pleural space, the bag will collect it. Occasionally, fluid may leak from the green valve (in some bags it is blue colour) at the top of the bag.

If the bag becomes full, you may empty the fluid using the **tap at the bottom** of the bag. You may find it useful to do this before going to bed.



- Empty the bag by turning the tap at the bottom.
- The graduations on the bag allow you to see how much fluid is draining. **Please keep a record of the amount drained every 24 hours.**
- Keep your chest tube and ambulatory chest drain dry. When washing, direct water away from the chest tube and bag.
- You can do mild exercise, such as walking and climbing stairs, to help gain strength and feel better.
- You can also do breathing exercises to help your lung re-expand.

## When to contact the pleural clinic

Please call the **pleural clinic** on **01782 675353** if:

- The ambulatory bag becomes disconnected from the chest tube. Reconnect them as quickly as possible if you are able to. Once reconnected, take a deep breath or give a strong cough, and then contact the pleural clinic.
- You develop new or worsening chest pain or shortness of breath.
- The bag becomes inflated with air.
- You have a fever (38 C° or higher).
- The area around the chest tube insertion site becomes red, swollen, warm or increasingly painful to touch.
- The bag starts collecting blood.
- Fluid has soaked through the black material at the front of the ambulatory chest drain bag.

## Activities to avoid while ambulatory chest drain is in place

- **Do not do any** strenuous exercise or sports.
- **Do not** fly.
- **Do not** lift anything heavy.
- **Do not** take a bath, go swimming, or submerge yourself in water.

## Contact details

**Pleural clinic:** 01782 675353

**Pleural Clinic Co-ordinator:** 01782 671247

Monday to Friday, 9am to 5pm

### **Out of hours:**

Call NHS 111 for advice or 999 in an emergency  
or attend your nearest Accident and Emergency Department.