

Caring for My Jackson Pratt® (JP) Drainage System

Getting Ready to Learn About Caring for My Jackson Pratt (JP) Drainage System

Learning something new can be hard. It is even harder if you are not feeling well. The purpose of this education plan is for you and the staff to review this information together. Here are some good things to tell the staff:

- Who you want to learn with you. We would like to have someone who will be helping you at home learn with you.
- The best way for you to learn. Do you learn best by reading a book or pamphlet, or by doing things yourself?
- If you are not feeling well, if you are in pain or you cannot focus on learning right now.

This information is important to your health. We may explain something more than once. We will be giving you information in small bits over several days.

What I Need to Learn About Caring for My Jackson Pratt (JP) Drainage System

By the time I leave the hospital I will be able to tell the staff:

1. How to care for my Jackson Pratt drain at home.
2. How to milk the tubing.
3. How to empty the drainage and record the amount.
4. How to care for the insertion site.
5. How to troubleshoot the drain.

The staff will use three questions to teach me about My Jackson Pratt (JP) Drainage System:

1. What is my main problem?
2. What do I need to do?
3. Why is this important to me?

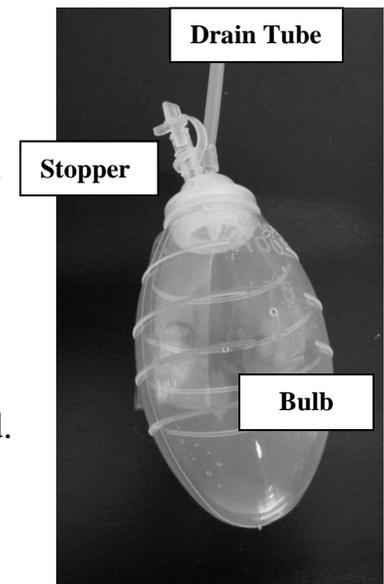
The staff will ask me to repeat back important points in my own words, or ask me to show what I have learned. They want to make sure that I know about my disease and how to take care of myself.

What is my main problem?

After my surgery I had a drain placed near my incision. I may have more than one drain. The drain stops blood and fluids from building up under my skin. The type of drain I have is a Jackson Pratt (JP) drain.

This drain is made up of a flexible tube with a small plastic bulb at the end. One end of the drain tube is placed under my skin where blood and fluids may buildup. The other end comes out of my body through a small incision (cut), and is connected to a squeeze bulb. The tube is stitched into place where it comes out of my body. The compressed bulb applies constant gentle suction and removes fluids from the surgical wound. A stopper keeps the bulb compressed. The bulb should be compressed at all times, except when emptying my drain.

How long I will have my JP drain depends on my surgery and the amount of drainage I am having. Drainage is very individual. The drains are usually removed when the amount of fluid is 2 tablespoons or less in a 24-hour period. I will keep track of the amount of fluid on a log sheet. It is important to bring the log sheets with me to my follow-up appointments. My drain will be removed in my surgeon's office.



What do I need to do to care for my Jackson Pratt at home?

1. "Milk" the tubing to help move clots.
2. Empty the drain(s).
3. Record the amount of drainage on my JP Drainage Record.
4. Care for area(s) where the tube enters my skin.
5. Know when there is a problem.

Milking (Stripping) the Tubing

These steps will help move small clots through the tubing and keeps the drainage flowing. I will do this before I empty and measure my drainage if directed by my doctor.



1. Wash my hands with soap and warm water. Dry them completely using a clean towel.
2. Starting about 3 finger widths away from the insertion site, pinch and hold the tubing between the thumb and forefinger of one hand. This is my safety hand.
3. With the thumb and forefinger of my other hand, pinch the tubing right below my other fingers.
 - Keeping my fingers pinched; slide them down the tubing as far as I can. If there is still tubing between the fingers of my lower hand and the bulb, release the lower fingers first and then release my safety hand.
 - Move my safety hand and pinch the tubing right where my lower fingers had been.
 - Pinch the tubing again below my upper hand; slide them down the tubing toward the bulb.
 - Repeat until I reach the bulb.
4. Repeat steps as necessary to push clots and fluid from the tubing into the bulb. It's okay for the tube to stretch while I am doing this.
5. Fluid may leak around the insertion site if a clot is blocking the drainage flow. If there is fluid in the bulb and no leakage at the site, then the drain is working.
6. I may have some discomfort while milking the tube. This is normal.



Emptying the Jackson Pratt and Recording the Drainage

I will empty my Jackson Pratt Drain two to four times a day or as directed by my doctor.

Equipment that may be needed:

- Measuring cup(s) given to me by the nurse.
- Jackson Pratt Drainage Record(s)

Steps to Follow:

1. Wash my hands thoroughly with soap and warm water. Dry them completely.
2. If I have more than one drain, empty and record each one separately.
3. Unplug the stopper on the top of the drain. This will cause the bulb to expand.
4. Do not touch the inside of the stopper or the inner area of the opening on the bulb.
5. Turn the JP drain upside down, gently squeeze the bulb and pour the drainage into the measuring cup.
6. Turn the JP drain right side up.
7. Squeeze the bulb tightly from the side, until my fingers feel the palm of my hand.
8. Continue to squeeze the bulb while putting the stopper back on. If the stopper gets fluid on it or you touch it while emptying it, clean it off with an alcohol swab. Then put the stopper back on.
9. Check to see that the bulb stays fully compressed to ensure constant gentle suction.
10. Safety pin the drainage bulb to my clothing close to the insertion site. Keep it below the level of the tube exit site. Allow enough slack to keep the tube from being pulled out.
11. If I have had breast surgery and am wearing a mastectomy camisole or bra, I can place the bulb in the pocket or drain holder if I have one .



12. Hold the measuring cup at eye level and check the amount and color of the drainage. Record this amount on the JP Drainage Record.
13. Flush the fluid down the toilet.
14. Rinse the measuring cup with water after each use.
15. Over time, the drainage amount will decrease. The color will change from red to light pink to yellow.

Recording JP Drainage

1. Record the amount and color of drainage in the measuring cup on the JP Drainage Record.
2. If you have more than one drain, measure and record each one separately.

Caring for the Insertion Site

If I can see the insertion site, I will check it for signs of infection.

1. After I empty the drain, I will wash my hands again.
2. I will check the area around the tube insertion site for signs of infection.
3. I will call my doctor if I have any of these signs of infection.
 - Tenderness
 - Swelling
 - Redness (The drain may cause redness the size of a dime at the insertion site. This is normal.)
 - Heat
 - Pus from the insertion site
 - Temperature of 101.5 or higher.
4. Clean the skin around the place the tube comes out of my incision.
 - a. Use a clean Q-tip to put a mixture of peroxide and water on the skin.
 - b. Use a clean Q-tip to apply antibiotic ointment around the skin where the tube comes out of the incision.
 - c. Do this once a day.
5. Do not get the area around the drain wet. My doctor will tell me when I can shower and bathe.

Problems I May Encounter With the Jackson Pratt Drainage System

Problem	Why?	What to do
The bulb is not compressed	<ul style="list-style-type: none"> • The bulb wasn't squeezed tight enough. • The stopper is not closed tightly. • The suction tubing is dislodged or is leaking. 	<ul style="list-style-type: none"> • Remove the top • Squeeze the bulb tightly and replace the top while squeezing. • Call my doctor if: <ul style="list-style-type: none"> ○ The bulb remains expanded. ○ The suction tubing is dislodged or leaking. <p>If this occurs at night, call the office the next day.</p>
<p>There is:</p> <ul style="list-style-type: none"> • No drainage • A sudden decrease in the amount of drainage • Drainage coming out the insertion site 	<ul style="list-style-type: none"> • Sometimes a "string-like" clot blocks drainage flow in the tubing. 	<ul style="list-style-type: none"> • Follow the instructions for milking the tubing. • If there is no increase in drainage flow, call my doctor's office. If this occurs at night, call the office the next day.
The catheter is out.	This rarely happens because the catheter is held in place by stitches.	Put a clean bandage over the site and call my doctor's office. If this occurs at night, call the office the next day.

I will call my doctor right away if:

- I have any signs of infection:
 - Tender
 - Swelling
 - Redness
 - Heat
 - Pus from the insertion site
 - Temperature of 101.5 or higher
- The bulb fills up with a large amount of fluid right after it is emptied.

- The drainage suddenly becomes bloody again, after it started to be lighter in color or yellow.
- The drainage becomes milky white.

Helpful Hints:

- Safety pin the drainage bulb to my clothing close to the insertion site. Keep it below the level of the tube exit site. Allow enough slack to keep the tube from being pulled out.
- Be careful not to poke the tubing or drainage bottle with the safety pin. Put the pin through the plastic tab on the bulb.
- Wear clothes that are loose and easy to get ‘on and off’ such as button down or zipper front shirts.
- If I have had breast surgery and am wearing a mastectomy camisole or bra, I can place the bulb in the pocket or drain holder if I have one .

Why is this important to me?

Draining excess fluids helps healing. I have a drain to keep fluids from building up in my body. I need to know how to care for this drain after I go home.

As part of my care I have received this education plan. I have also received:

- Jackson Pratt Drainage Record
- Measuring cups

For more information, I can see a video at:

<http://www.mskcc.org/videos/how-care-your-jackson-pratt-drainage-system>.

Caring for My Jackson Pratt (JP) Drainage System Education Plan

Resources for Staff

- [How to Care for Your Jackson Pratt Drainage System \(video\)](#)
- [Care of Your Jackson Pratt Drain](#)
- [Post Op Drain Care Instructions](#)
- [Surgical Drain and Breast Surgery](#)
- [Jackson Pratt Drain](#)- Nursing Reference Center Plus

Teaching Tools (Items given to the patient)

- Caring for My Jackson Pratt Drainage System Education Plan
- Jackson Pratt Drainage Record
- Measuring cups

References:

- [How to Care for Your Jackson Pratt Drainage System \(video\)](#)
- [Care of Your Jackson Pratt Drain](#)
- [Post Op Drain Care Instructions](#)
- [Surgical Drain and Breast Surgery](#)
- [Jackson Pratt Drain](#)- Nursing Reference Center Plus

Always close each teaching session with the question, “What questions do you have for me?”

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