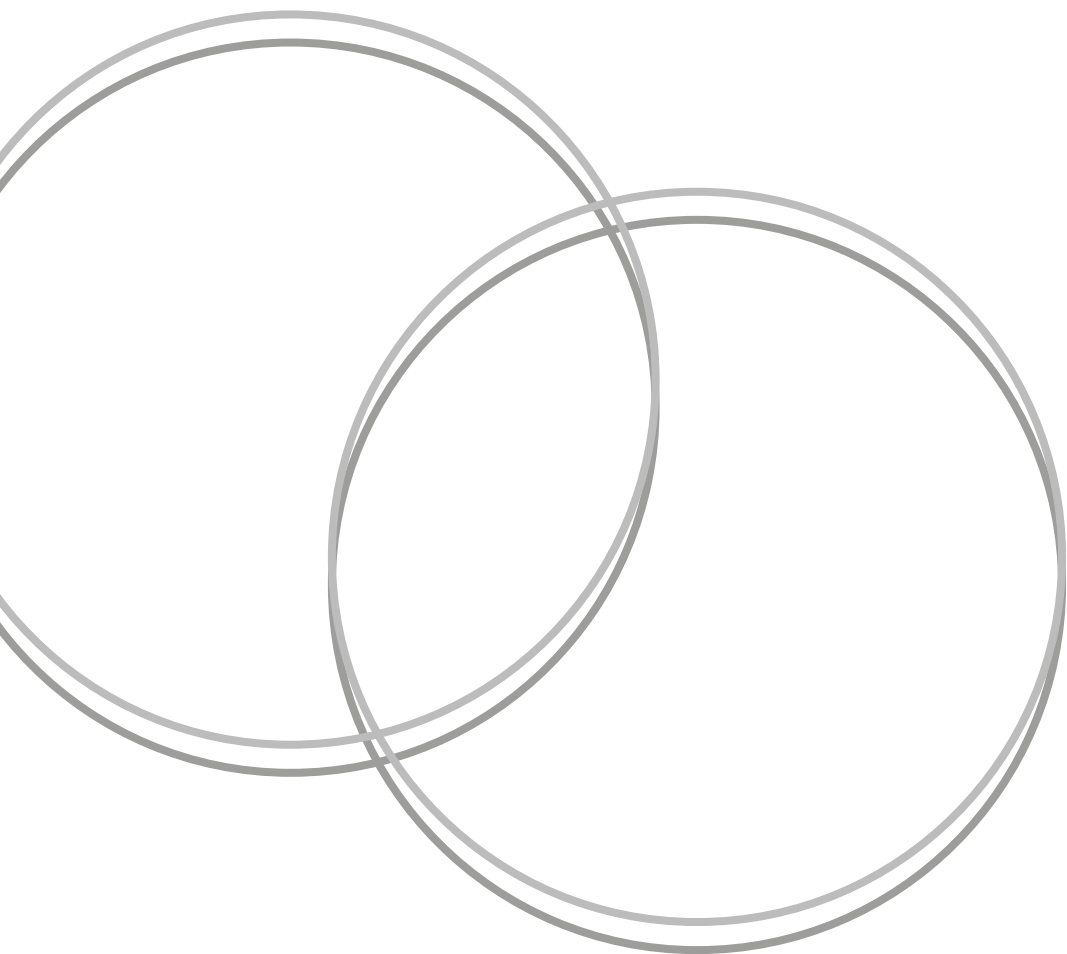




Oxford University Hospitals
NHS Foundation Trust

Checklist for Increasing the Life of a Speaking Valve

Information for patients



Speech and Language Therapy

If your trache-oesophageal valve is leaking frequently (i.e. less than 3 months). It is important to have tried the following advice in order to reduce some of the factors that cause a valve to leak.

Here are a list of causes and how to help:

Acid Reflux

- People who have had a laryngectomy are more likely to have acid reflux (acid from the stomach coming back up). This is because the sphincter at the top of the oesophagus is no longer there. Acid reflux can irritate the lining of your oesophagus and cause the valve not to last as long.
- Avoid eating late at night; sleep with your head propped up.
- It's helpful to limit the use of your intake of caffeine, alcohol and spicy or sweet food.
- Are you on anti reflux medication? If not, we may suggest you talk to your GP or pharmacist about this.
- Make sure you drink water after food.

Candida Growth

One of the most common causes for a valve to leak is the formation of Candida on the back of the valve. Candida is a fungus and grows when in a warm moist, slightly acidic environment. This Candida can coat the valve and cause it to not function properly.

Take Nystatin antifungal treatment. Always consult your GP before taking any new medication.

Instructions:

- For the first 14 days: Take 1ml (100,000 units) Nystatin oral suspension four times daily (equally spaced throughout the day).
- Hold orally for a minimum of 30 seconds before swallowing.
- Swallow this same 1ml to coat the throat and back of the voice prosthesis (valve).
- Try to take nothing orally for 30 to 60 minutes afterwards (no food or drink). This is to allow the medicine to stay in contact with the back of your voice prosthesis for longer.
- Once daily, until advised otherwise: After cleaning the voice prosthesis, put a small amount of Nystatin on the brush and brush through the voice prosthesis.
- Nystatin liquid is photosensitive and must be stored in the dark and in a cool place.
- There are other types of valves you can try if your current valve still does not last very long. We can discuss this with you further.

Questions or concerns?

If you have any question or concerns, please telephone the Speech Therapy office on: **01865 231 205**.

Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

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Oxford University Hospitals NHS Foundation Trust
www.ouh.nhs.uk/information

Reference - Voice Prosthesis Infection Management Multidisciplinary Team
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