

# Using a Laryngectomy tube and HME

## Patient Information

**Equipment:** Laryngectomy tube  
HME cassette  
Water soluble lubricant

*If you are securing your laryngectomy tube around your neck with a strap, thread the strap tapes through the side holes of the laryngectomy tube before insertion.*

### Step 1: Lubricate the laryngectomy tube

Lightly lubricate the laryngectomy tube. Use a water-soluble lubricant.



### Step 2: Insert the laryngectomy tube into the stoma

Hold the tube with the curve facing downwards. Gently slide the tube into the stoma. It is usual to experience coughing when inserting and this should settle within a few minutes.



### Step 3: Secure the strap

If you are wearing a strap secure it firmly around the neck, but not too tightly.



**Step 4: Insert the HME cassette into the tube**

Insert the HME cassette into the opening of the laryngectomy tube. Breathe normally and allow time to feel comfortable with the HME in place.

**If you are using a voice prosthesis:**

- Voice gently by pressing down on the centre of the HME to seal off the airway & redirect the air via the voice prosthesis.
- Do not press too hard. Press with a finger not thumb. It is important that you press in the centre of the HME cassette.

**Removing the HME cassette to cough and clear secretions**

Hold the hub of the laryngectomy tube with one hand when removing the HME cassette so not to pull out the laryngectomy tube. Gently twist out the cassette with your other hand as you pull it out.

**Care and replacement:**

- **HME cassette:** Can be replaced as needed. To ensure proper function it should be replaced every 24 hours.
- **Laryngectomy tube:** Laryngectomy tube can be removed, cleaned and reinserted as needed. Clean the laryngectomy tube with warm soapy water and dry completely before reinsertion. Replace if cracked or torn.

**Notes:**


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