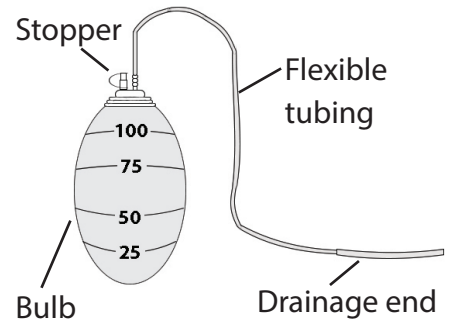


How to Care for your Jackson-Pratt® (JP) Drain

What is a JP Drain?

A Jackson-Pratt® (JP) drain removes the extra fluid that normally builds up in an area of your body after surgery. This helps with wound healing. The JP drain is a bulb-shaped device connected to a tube. You may have more than one drain.

One end of the tube is placed inside your body during surgery, and may be held in place by a stitch. The other end comes out through a small opening in your skin and connects to the bulb.



Follow-up Instructions:

Dressing change: When needed, your Home and Community Care nurse will change your JP drain dressing either at the clinic or in your home.

Follow up with your surgeon:

- If you did not receive an appointment, call your surgeon's office to book one.
- Write down the questions you would like to ask your surgeon during your visit.

What should I look out for?

The following are normal with a JP drain:

- The fluid will change colour, including red, pink, or yellow.
- Clots in the tubing are normal, unless they cause you to stop draining fluid or they block your JP drain.
- Sometimes fluid might come out of the opening in your skin, where the drain enters your body. Cover the area with gauze. If you do not have gauze, you can buy gauze from your local pharmacy or department store.

Contact your healthcare provider and/or go to the nearest Emergency Department if:

- Your JP drain breaks or comes out
- You have a fever higher than 38.3°C (101°F)
- You have foul-smelling, cloudy, yellow/brown drainage from your drain or drain site
- You have increased redness and/or swelling around the drain site
- The amount of drainage suddenly drops or has increased 100 ml over the past 24 hours
- You have increased pain that is not relieved with prescribed pain medicine
- You suddenly stop draining fluid or think your JP drain is blocked.

How do I care for my drain(s) at home?

Preventing the drain from pulling on your skin:

- It may be helpful to secure the drain close to your body. You can attach the drain's plastic tab to the clasp of a lanyard or to a safety pin secured to your clothing.

Showering:

- You can shower when needed. After your shower, gently pat the area dry.
- If you have had breast reconstruction, only shower if your surgeon says you can.
- Do not bathe in a tub. Only shower as needed until your drain is removed.

Sleeping:

- Avoid lying or sleeping on the drain.

Clearing a clog in the tubing:

- With one hand, hold the tube between your thumb and first finger at the place closest to your skin. This prevents the tube from being pulled.
- With your other hand, use your thumb and first finger to pinch the tube and slide the clogged fluid down the tubing toward the bulb. You may need to repeat this until the tubing is clear.

How long will I keep my JP drain(s)?

The JP drain(s) will drain a different amount each time. This amount will usually decrease over time.

Your surgeon will decide when your JP drain needs to be removed based on their criteria. The home care nurse or the surgeon will remove your drain.

If you have more than one drain, it is normal to have one drain removed before the other.

Images courtesy of author: Bruce Blaus Blausen.com staff (2014). "Medical gallery of Blausen Medical 2014". WikiJournal of Medicine 1 (2). DOI:10.15347/wjm/2014.010. ISSN 2002-4436.

How do I empty the JP Drain(s)?

If you have been instructed to empty the JP drain(s):

- Empty each JP drain when it is half-full. This will make sure the bulb suction is working properly and will prevent your drain from getting blocked.
- After you empty each bulb, record the amount of fluid on the chart at the end of this document.

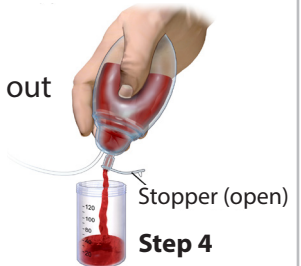
To empty the bulb:

STEP 1. Gather the equipment you will need - measuring cup, pen, and drainage chart.

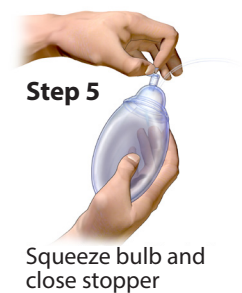
STEP 2. Wash your hands with soap and water. Dry them.

STEP 3. Pull the stopper (plug) out of the bulb.

STEP 4. Squeeze the fluid into the measuring bottle.



STEP 5. Squeeze the air out of the bulb and put the plug back in. This will create suction to drain the fluid.



STEP 6. Read the amount of fluid you emptied.

Look at the fluid colour.

Record the date/time, amount, and colour on the **Jackson Pratt (JP) Drainage Chart** (see "Filling out the Jackson-Pratt® (JP) Drainage Chart(s)").

STEP 7. Flush the fluid down the toilet.

STEP 8. Repeat steps 3 to 7 for each drain. When you have finished emptying all the bulbs, go to Step 9.

STEP 9. Rinse the measuring bottle clean with water. Let it air dry.

STEP 10. Wash your hands with soap and water. Dry them.

Filling out the Jackson-Pratt® (JP) Drainage Chart(s)

The chart(s) on the next 2 pages will help the home care nurse and your doctor know when to take out your drain(s). Fill out a chart for each drain.

To complete the chart(s):

1. Write down the date.
2. Write down the time, the amount of fluid collected, and the colour of the fluid (red, pink, yellow, pale yellow, etc.). Repeat this step 4 times a day for each drain.
3. At the end of the day, add the 4 amounts of fluid you collected from the drain. Write the total for the day.

To print additional blank copies of this chart, please go to https://www.hrh.ca/patient-education/005084_JP%20Drain.pdf

JP Drain #1				
Date	Time	Amount (ml)	Colour	Total for the day
Example: July 27, 2018	7:00 a.m.	84 ml	Reddish pink	290 ml
	11:00 a.m.	65 ml	Reddish pink	
	4:00 p.m.	74 ml	Reddish pink	
	9:00 p.m.	67 ml	Pink	

JP Drain #2

Date	Time	Amount (ml)	Colour	Total for the day

JP Drain #3

Date	Time	Amount (ml)	Colour	Total for the day