

Care of your PEG tube

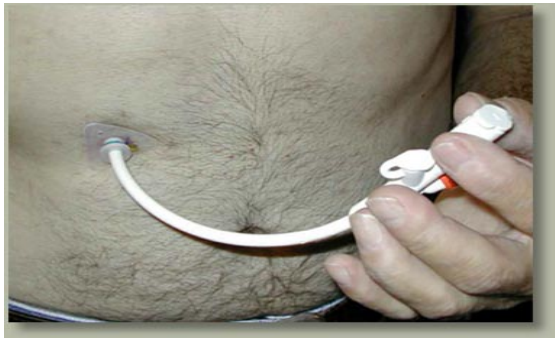
You will also be taught how to care for your PEG, and to watch for skin irritation, breakdown or infection. Daily flushing of the PEG tube and keeping the exit site clean is very important.

What if my tube gets “blocked”

Your PEG tube can get clogged or blocked at times. Most of the time it is an easy problem to fix. You can try flushing the PEG with a carbonated fluid (i.e. coke), which will often un-clog the tube.

Call us if any of the following occur:

- Choking, excessive coughing with feedings or difficulty breathing
- The feeding tube comes out, completely or partially
- Blood, cream-colored drainage or leakage of formula around tube site
- A blocked tube
- Fever, nausea, vomiting or diarrhea
- Feeling bloated after the tube feeding

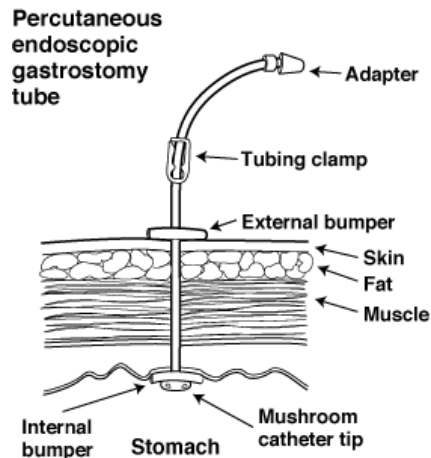


The tube is small and when you are not using it, you can tape it to your skin a few inches above the entry site on your body.

Percutaneous Endoscopic Gastrostomy **Tube (PEG tube)**

A patient information booklet

What is a PEG tube?



This is a PEG tube – The PEG feeding tube is placed directly into your stomach so that you are able to get the nutrition and medication that you need without having to chew and swallow. During treatment, it sometimes is hard to chew and swallow because of swelling and pain in your mouth and throat.

Placement of the PEG tube

Most PEG tubes are put in using a lighted instrument called an endoscope. It is inserted into the mouth and into the stomach to help correctly position the tube. The tube is then secured in place. This procedure can be done in either of two places:

- In a Gastroenterologist's office, you will be given medication to relax. After the procedure, you will stay in a recovery area for about an hour and then you will be discharged.
- In an Operating Room you will receive general anesthesia often combined with other procedures. You are usually kept overnight for observation.

After placement of the tube you may have some discomfort at the tube entry site for a few days. The tube is secured tightly, and when you see your doctor in 5-7 days it will be loosened.

You should call your doctor:

- If you have constant abdominal pain
- If there is bleeding, unusual drainage, or skin irritation at PEG site
- If your PEG tube appears to be blocked

How do I use my PEG tube?

Cans of formula and medications can be directly poured or pushed into the tube using a syringe or can be given by a gravity bag or pump. Your doctor and dietitian will decide the method that will be best for you.

When will I use my PEG tube?

You will see a dietitian who will decide what kind of nutritional supplement (formula) is right for you. The formula contains all the nutrients you need for a well balanced diet. Your dietitian will help you learn how much formula you will need each day. Insurance usually covers the cost of nutrition given through a PEG tube. This will be arranged through a homecare company by your dietitian.

Your dietitian is:

Tel# _____

Can I still eat when I have a PEG tube?

If you are able to swallow, you can also eat while your PEG tube is in place. We encourage people to take some food and fluids by mouth while using their tube in order to maintain their swallowing function.

Taking nutrition by a PEG tube method.

Most patients use the syringe method, or bolus method, for feedings. To do this remove the plunger from the barrel, insert the tip of the syringe into the feeding tube and pour the formula into the syringe. Let it flow slowly until it is all gone. One can should take about 10 minutes. After the proper amount is taken, you will need to flush the syringe with at least 30ml. of water. The syringe is marked for easy measuring. You can use the same syringe again; you just need to rinse it between uses.

If you feel bloated before the required amount is taken, STOP, flush your tube and restart again in one hour. An opened formula can be kept for 24 hours in the refrigerator. Some people prefer to bring the formula to room temperature before taking it. This may feel more comfortable.

Other methods of taking the formula include using a pump or gravity drip. If you need to use one of these methods, a provider will teach you how it is done.