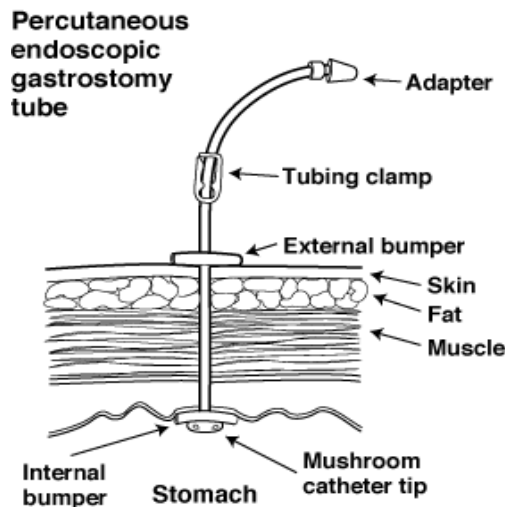


## PEG Tube Instructions (For Adult Patients)

A **PEG** tube (percutaneous endoscopic gastrostomy tube) is a way to provide food, liquids and medications (when needed) directly into the stomach, through a tube. The procedure is done for patients who are having difficulty swallowing.

### What happens during the PEG procedure?

After you are comfortably sedated, your physician places an endoscope (a thin, flexible scope) into your mouth. The scope is then advanced through your esophagus (the "food pipe"; you still can breath comfortably) and into your stomach. The PEG tube will then be in your stomach and exits through your abdomen (belly). This procedure usually takes less than a half of an hour.



### After the procedure

- No driving or operating machinery for 24 hours due to your sedation.
- The PEG tube will be secured to your abdomen with tape and a sterile dressing will be in place. Change dressing after 24 hours.
- Some drainage around the PEG tube for the first 24 to 48 hours is typical. **Call your physician if you have bleeding that doesn't stop.**
- You may feel some soreness around the PEG tube site for a few days as you heal. It may feel like a pulled muscle.



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### Care of the PEG Tube at Home

- Always wash hands before handling your PEG tube.
- Clean the site with soap and water daily. DO NOT use hydrogen peroxide or any special cleansers. You may use a q-tip or gauze to swab gently around the site. Rinse well and pat dry. This may be done in the shower.
- Apply a clean dressing to the site. This should be changed daily or as needed. This dressing should be placed over the external bumper (see drawing). **Do not force a dressing between the bumper and your skin.**
- When changing the dressing, look for redness on your skin, drainage on the old dressing, or leakage at the site of insertion.
- Tape the tube to your skin to prevent tugging on the skin leading to skin breakdown. Paper tape works well and is gentle on your skin.
- Turn the bumper (or sometimes called bolster, the piece of soft plastic that sits on the skin to prevent the tube from slipping back into the stomach) and tube halfway at least **twice a day** to prevent skin breakdown. Also gently push and pull tube in and out - 1/4 inch each day.
- Flush tube with 30 ml of water at least once a day.

### Bathing

- You may shower 24-48 hours after tube placement.
- You may bathe after your PEG tube check-up appointment typically 7–10 days after tube placement, if your physician gives the OK.

### Tube Placement

- Check the markings at the base of the tube daily and as needed.
- Slight in-and-out movement of the tube is normal and can help prevent complications.
- If the number at the base of the tube changes by 2 or more, call your physician's office.

### Clogged Tube

- Try to irrigate the tube with 30 ml of warm water.
- Try to draw back with a 60-ml syringe.
- Gently rocking the syringe back and forth may help to dislodge the blockage.

**Note:** 1 ml = 1 cc



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**Possible Problems: Call your Physician's office with the following problems:**

- Redness, swelling, leakage, sores, or pus around the tube.
- Blood around the tube, or in the stool.
- A change of more than two numbers at the bolster near the base of the tube.
- A clogged tube that you cannot clear.
- The tube falls out. **Call Immediately.**
- Nausea that lasts more than 24 hours.
- Recurrent vomiting of more than 8 hours.
- Diarrhea that continues for more than 24 hours.
- Constipation that lasts for more than 3 days, depending on your normal frequency of bowel movements, or hard stool for more than 5 days.
- Weight loss of more than 2 pounds in one week.
- Any unusual weakness or fever.

**Later Instructions:** *Do not put any medication or foods in the PEG tube until directed by your Physician.*

**Medications:**

- Check the markings at the base of the tube before feeding/ medications.
- Flush tube with 30 ml of water before any medication is put down the tube.
- Every medication must be in **liquid form** or **crushed finely and mixed with water**.
- **Note:** Review medications with a nurse or pharmacist to make sure that it is OK to crush. Draw up medication in syringe and push into tube.
- Flush with 30 ml of warm water after each medication

**Feedings (Nutrition):** *You will be directed by your Physician as when to use your PEG tube for food.*

Patient : \_\_\_\_\_

Gastroenterologist/MD: \_\_\_\_\_

Contact person and phone number for issues: \_\_\_\_\_

Date of insertion/type of tube: \_\_\_\_\_

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