



Care of a Freka Percutaneous Endoscopic Gastrostomy (PEG)

– Information for patients and carers

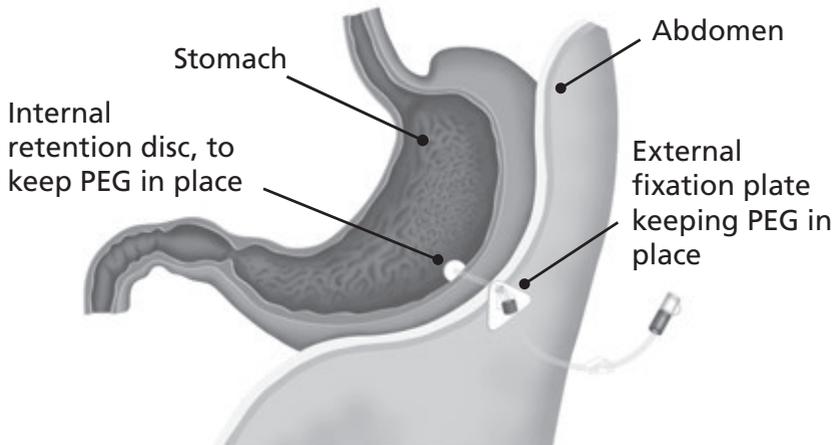
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Whether you are using your PEG for feed, drugs or just fluid there are a number of things that you need to do to care for your PEG to ensure:

1. That it does not get blocked
2. That the skin around your tube (the stoma site) remains healthy
3. That the little piece of plastic, which is inside your stomach securing the tube (called the internal retention disc), does not become embedded and stuck in your stomach



1. Flush the tube with water

1. Wash your hands with soap and water
2. Draw up about 30ml of freshly drawn tap water in a large 50ml syringe
3. Attach the syringe to the end of the PEG
4. Unclip the white clamp and slowly push the syringe plunger down to flush the water through your PEG
5. Close the white clamp and remove the syringe from the end of the PEG. Refill the syringe and repeat this process if necessary. Note: the white clamp should be moved up or down the tube a little each time it is used



6. Flush before and after every feed or medicine administration if you are taking medication via the PEG
7. If you are not putting feed or drugs through the PEG flush it once a day with water to keep the tube open

Positioning: When you are flushing or feeding through the PEG it is important that you are in an upright position, or with your head and shoulders supported by at least two pillows. This will help prevent you regurgitating feed or water.

2. Clean the stoma site (the skin around your tube)

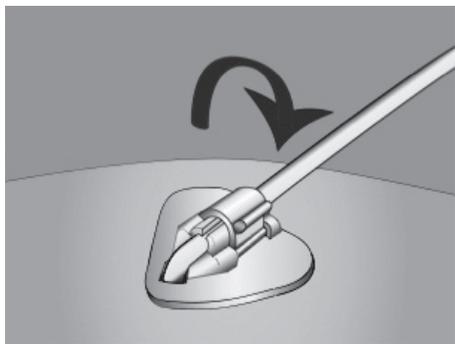
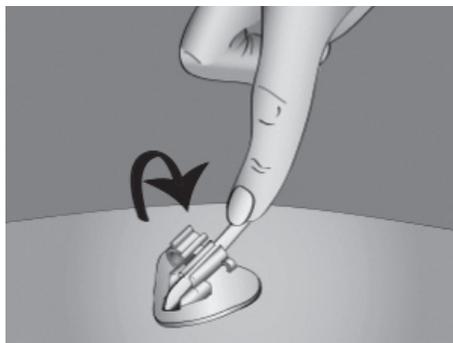
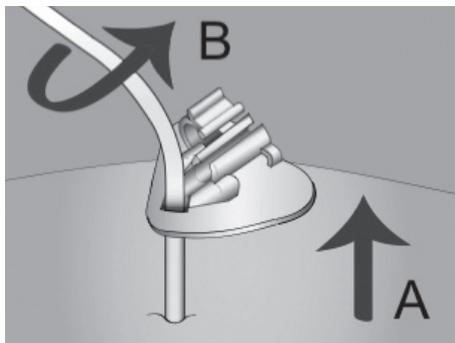
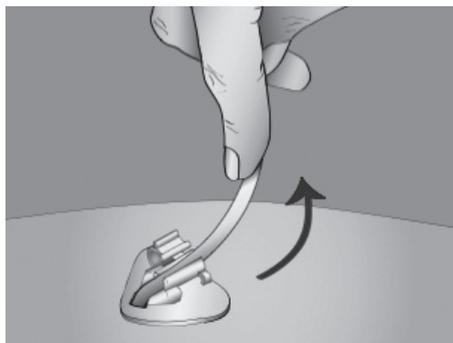
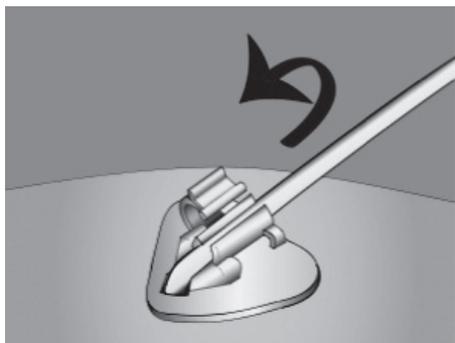
1. Rinse the skin with warm water and dry thoroughly with a clean cloth or gauze. Avoid applying any creams or powders to the skin
2. If you wish you may shower and clean the site in the shower. Baths may be taken a couple of weeks after the tube has been inserted. It is also fine to swim a couple of weeks after the tube has been inserted
3. Inspect the skin around the PEG for any signs of redness, swelling or leakage. It is normal to get a small amount of discharge when the PEG is new however, contact your district nurse or the nutrition nurses for advice if you have any concerns

3. Rotating and advancing the PEG tube

VERY IMPORTANT: Advancing and rotating the tube must be done about 7 days after the tube was inserted. It needs to be done 1-2 times per week to prevent the internal bumper becoming embedded in your stomach.

1. Wash your hands with soap and water
2. Open the blue fixation clamp
3. Detach the tube from the groove in the triangular external fixation plate
4. Move the triangular external plate away from the skin
5. Check that the triangular plate is clean

6. Clean the tube and skin around the PEG with warm water and dry well
7. Push 2-3cm of the tube into the hole, rotate the tube (B on picture below) and then gently pull back the tube to feel resistance (A on picture below). This should not hurt, however you should contact the nutrition nurses if you have any difficulty with this.
8. Place the triangular external fixation plate back to the original position, no more than about 1cm from the skin
9. Re-insert the tube into the groove and close the blue fixation catch



What should I do if my tube gets blocked?

1. Attempt to flush with warm water or soda water using a push – pull technique on the plunger. You may need to do this for some time as it may take up to 30 minutes to unblock a tube
2. Do not use acidic fluids such as fruit juices or cola as they are likely to curdle the feed further and make the blockage more difficult to remove
3. If you are still unable to unblock your tube, please contact the nutrition nurses for advice
4. If your tube is blocked after giving medication discuss this with your pharmacist. All medications should be either fully dispersible in water or completely liquid to go through your tube

Can my PEG fall out?

It is very unusual for PEGs to fall out due to the internal retention disc which secures them. However, in the unlikely event of this happening you would need to contact your nurse or doctor urgently or go to your nearest Emergency Department.

Contact details

You should be given training on how to care for your PEG before being discharged from hospital. If you have any queries regarding your PEG or the information above please contact the nutritional nurses:

Nutrition Nurses

Telephone: 0121 371 4561 Monday-Friday
(not bank holidays) 08:00-16:00.

YOUR PEG FEED PLAN

Name:	Hospital number:
Date of birth:	Date:
Weight: Height:	Ward: Pump Serial No:

Timing	Feed type	Rate/ Bolus	Duration/ no. of boluses	Feed volume	Water flushes

IMPORTANT INFORMATION

- Ensure your upper body is elevated at least 30 degrees, the height of two pillows, while feeding and for 1 hour after the feed has finished.
- Always wash your hands before setting up your feed
- Change the feed administration set every 24 hours.
- Feed must not hang or be kept open for more than 24 hours.

ADDITIONAL INSTRUCTIONS

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THIS REGIME PROVIDES

Energy (kcal):	Fat:
Protein:	Fluid:
Carbohydrate:	

For any queries regarding your feeding regime please contact your Dietitian:

Dietitian/Therapies at the Queen Elizabeth Hospital Birmingham

Telephone: 0121 371 3485 (Monday–Friday 08:00–16:00)

Dietitian Name: Tel:

Signature: Bleep/Ext:

EQUIPMENT AND TRAINING

Your tube feeding pump and feeding pump frame will be supplied on long term loan by the company that's been assigned to you upon your discharge from hospital. You will receive a training session in hospital (and/ or at home) and should be given plenty of time to practise before being discharged home.

Most instruction guides also have troubleshooting information in the event of a malfunction or alarm being activated.

If you have any issues related to the function of the pump or it stops working please follow the troubleshooting guide. If you are still not able to fix the problem make sure to call the helpline provided.

DISCHARGE FROM HOSPITAL

You will receive fourteen days' supply of equipment and feed when you are discharged from hospital. This will provide you with enough stock until your first home delivery comes, or you collect your feed from your local pharmacist. If you are getting further supplies of feed from your pharmacists, it is important to remember to renew your prescription and to ask your pharmacy to reorder your feed a few days before your supply runs out.

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NURSING (NUTRITION)

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