



Care of a CORFLO Percutaneous Endoscopic Gastrostomy (PEG)

Building healthier lives

UHB is a no smoking Trust

Introduction

Whether you are using your PEG for feed, medication or 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 bolster, which is inside your stomach securing the tube (called the internal retention bolster), does not become stuck to the inside of your stomach

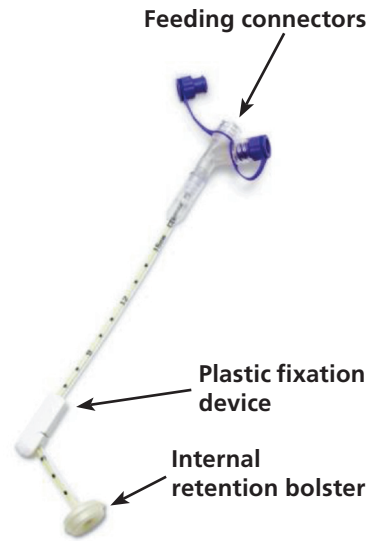


Figure 1: Corflo PEG

Image kindly supplied by Halyard Health, Inc.

Your feeding tube details

Manufacturer	CORPAK Medisystems
Size	16fg
Inserted	
This tube does not need to be routinely changed	

Caring for your PEG

Flushing the tube with water

You will need to flush your PEG with water before and after you give yourself any feed or medication via the tube to prevent it getting blocked. Your dietitian may give you specific advice regarding the amount of water. Otherwise you should use about 30mls of water.

- 1. Wash your hands with soap and water
- 2. Draw up about 30 ml of freshly drawn tap water in a large 50 ml syringe

3. Unscrew the cap on the end of the PEG. Attach the syringe to the end of the PEG by screwing this into the connector. Be careful not to screw this in too tightly



Figure 2



Figure 3

4. Unclip the white clamp and slowly push the syringe plunger down to flush the water through your PEG



Figure 4

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. If you are not putting feed or medication through your PEG, you need to flush it once a day with water to prevent it becoming blocked

Positioning: When you are flushing or feeding through your 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.

Cleaning the stoma site (the skin around your tube)

You will need to clean the stoma site once per day to ensure the skin in this area remains healthy.

1. Rinse the skin with warm water and dry thoroughly with a clean cloth or gauze. The tube and external plastic fixation device may be rotated to allow you to reach all areas of skin around the tube
2. If you wish you may shower and clean the stoma 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
4. Avoid applying any creams or powders to the skin unless advised by your District Nurse or Nutrition Nurse

Advancing the tube

About two weeks after your PEG was inserted you will need to start advancing it. This is important to move the internal retention bolster away from the inside of your stomach for a short time. This must be done at least once per week to prevent the bolster becoming stuck to the inside of your stomach and causing soreness.

1. Wash your hands with soap and water
2. Open the white plastic fixation device by holding both ends and twisting away from each other until the two parts separate

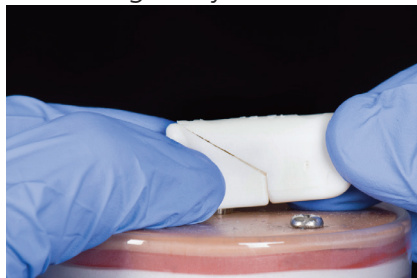


Figure 5

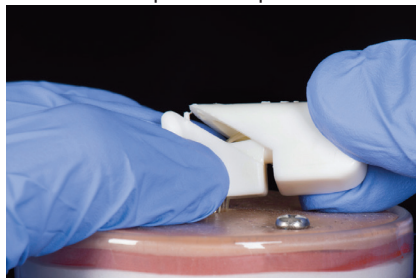


Figure 6

3. Detach the tube from the groove in the base of the fixation device.
Move the base of the fixation device away from the skin

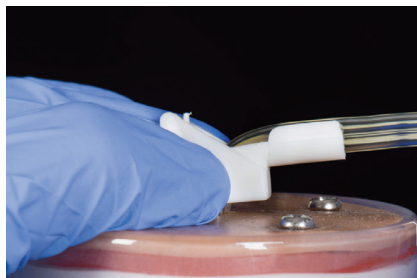


Figure 5

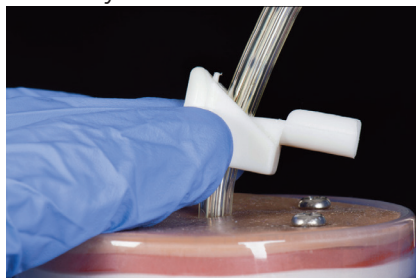


Figure 6

4. Check that the plastic fixation device is clean
5. Clean the tube and skin around the PEG with warm water and dry well
6. Push about 2–3 cm (about a thumb's length) of the tube into the hole in your stomach. This ensures the internal retention bolster moves away from the lining of your stomach. This should not hurt
7. Pull the tube back to the original position. You will know it is correctly placed when you feel a little tension on the tube. Again this should not hurt. Place the base of the fixation device back down close to your skin
8. Re-insert the tube into the groove, place the cover over the base and clip into place

Troubleshooting

What should I do if my tube gets blocked?

PEG tubes can get blocked sometimes. This is most likely to happen if certain types of medication are given through the tube or if the tube has not been flushed promptly at the end of a feed.

1. Attempt to flush your tube 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 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?

YES. Because your PEG is traction removable, there is a small risk that it can be pulled out accidentally. If the tube did fall out the hole would start to close within a couple of hours. Therefore, in the event of your tube falling out you would need to contact your nurse or doctor urgently or go to your nearest Emergency Department.

Who do I contact if I have a problem?

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 hospital where you had your PEG inserted:

Nutrition Nurses at Queen Elizabeth Hospital Birmingham

Tel: **0121 371 4561**, Monday–Friday (not bank holidays) 08:00–16:00

An answering machine is available out of hours

Nutrition Nurses for Birmingham Heartlands and Solihull Hospital

Tel: **0121 424 1435**, Monday–Friday (not bank holidays) 08:00–16:00

An answering machine is available out of hours

Nutrition Nurses for Good Hope Hospital Tel: 0121 424 9145

Community Nutrition Nurses (for Birmingham only)

Tel: **0121 683 2300**, Monday–Friday (not bank holidays) 09:00–17:00

Alternative contacts

Your enteral feeding homecare provider will provide you with a 24 hour contact telephone number.

Your PEG Feeding Plan

Your PEG feeding plan has been written for you by your dietitian as follows.

Name:		Date of birth:		Ward:	
Weight:		BMI:		Hospital number:	
Type of Tube Feed		Timing		Pump Rate or bolus	Duration or number of boluses
ENERGY KCALS		PROTEIN (G)		CARBOHYDRATE (G)	FAT (G)

If you are using a pump to give your feed, your feeding pump and pump stand are supplied on long term loan by the homecare company that you have agreed to be assigned to. You will receive training in hospital and/or at home on how to use the pump and care for your tube. You will also be given 14 day's supply of equipment to take home with you. This will be sufficient until your first homecare company delivery is made.

Important reminders:

1. Always wash your hands before setting up your feed or giving medication through your PEG
2. If you are using a feeding pump, remember to change the giving set every 24 hours
3. Feed must not hang or be kept open for more than 24 hours

For any queries regarding your feeding plan please contact your Dietitian.

Dietitian Name:

Signature:

Telephone:

Bleep/Extension:

If you require this information in another format, such as a different language, large print, braille or audio version please ask a member of staff or email **interpreting.service@uhb.nhs.uk**.

Nutrition (Nursing)
Queen Elizabeth Hospital Birmingham
Mindelsohn Way, Edgbaston
Birmingham, B15 2GW
Telephone: 0121 371 2000
