

## Advice for you after your PEG Insertion

### Up to 10 Days after PEG insertion

- If you experience any wind-like pain or bloating discomfort taking your usual pain killers should help.
- If your stomach becomes increasingly painful around the PEG site, or if you start vomiting or develop a high temperature please seek urgent medical advice or go to your nearest Accident and Emergency Department immediately.
- You may flush your PEG tube after 6 hours of insertion or as directed by your Nutrition Support Nurse using cooled boiled tap water initially.
- If you are feeding via the PEG you can start feeding after 6 hours or as directed by your Nutrition Support Nurse/ Dietitian.
- **DO NOT** release the external fixation disc within the first 2 days. After 2–3 days a Community Nurse or a Nutricia Homeward Nurse will visit to check your PEG site, remove the dressing, release the disc and re-secure it.
- Following the visit by the Community Nurse or Nutricia Homeward Nurse the external disc may be released on a daily basis, the site can then be cleaned using un-perfumed soap, a clean flannel and water before replacing the disc in its' original position.
- Ensure the site is thoroughly dried and the disc is 0.5cm from skin.
- If there are any signs of redness, leaking or soreness of the PEG site please contact your Nutrition Support Nurse for advice on 0121 424 1435

### 10 – 14 Days after PEG insertion.

- After day 10 the tube should be pushed in 4-5cms and turned through 360 degrees. This helps prevent the internal disc from becoming stuck.
- This will be done initially by the Community Nurse or Nutrica Homeward Nurse and will then need to be done each week.
- You will be shown how to do this yourself or other arrangements will be made for this to be done

### Remember to maintain good oral hygiene

- Regular tooth brushing and mouth moistening.
- Apply soft paraffin to your lips.

## Information for Patients

We would advise against travelling abroad in the first three days following your procedure. If you have any travel plans please discuss these with us.

### Contact Details:

Nutrition Support Nurses Mon- Fri 8.30am - 4.30pm Tel: 0121 424 1435

**Heartlands and Solihull Hospital** Tel: 0121 424 2000 page 2471

**Good Hope Hospital** Tel: 0121 424 2000 page 1015

**Queen Elizabeth Hospital Endoscopy Unit**

**Monday to Friday 8.30 am to 5.30 pm – Excluding Bank holidays 0121 371 3833**

### Our commitment to confidentiality

We keep personal and clinical information about you to ensure you receive appropriate care and treatment. Everyone working in the NHS has a legal duty to keep information about you confidential.

We will share information with other parts of the NHS to support your healthcare needs, and we will inform your GP of your progress unless you ask us not to. If we need to share information that identifies you with other organisations we will ask for your consent. You can help us by pointing out any information in your records which is wrong or needs updating.

### Additional Sources of Information:

Go online and view NHS Choices website for more information about a wide range of health topics <http://www.nhs.uk/Pages/HomePage.aspx>

### You may want to visit one of our Health Information Centres located in:

- Main Entrance at Birmingham Heartlands Hospital Tel: 0121 424 2280
  - Treatment Centre at Good Hope Hospital Tel: 0121 424 9946
  - Clinic Entrance Solihull Hospital Tel: 0121 424 5616
- or contact us by email: [healthinfo.centre@heartofengland.nhs.uk](mailto:healthinfo.centre@heartofengland.nhs.uk).

### Dear Patient

We welcome your views on what you thought of this patient information leaflet, also any suggestions on how you feel we can improve through our feedback link below:

- Patient Information Feedback email:  
[patientinformationleafletfeedback@heartofengland.nhs.uk](mailto:patientinformationleafletfeedback@heartofengland.nhs.uk)

If you wish to make any other comments this can be done through the links listed below:

- Patient Opinion: [www.patientopinion.org.uk](http://www.patientopinion.org.uk)
- I want great care: [www.iwantgreatcare.org](http://www.iwantgreatcare.org) (Here you can leave feedback about your doctor)

Be helpful and respectful: think about what people might want to know about our patient information and this hospital and how your experiences might benefit others. Remember your words must be polite and respectful, and you cannot name individuals on the sites.

**If you have any questions you may want to ask about your condition or your treatment or if there is anything you do not understand and you wish to know more about please write them down and your doctor will be more than happy to try and answer them for you.**