

PEG care for the first 7-10 days (gastrostomy) **Sheet 5**

You have had a Percutaneous Endoscopic Gastrostomy (PEG) placed. The type of feeding tube most commonly used in Milton Keynes and Northampton is a Freka 15 french tube. This leaflet aims to give you information on how to care for your tube in the first 7-10 days. See the “PEG care post 10 days” information sheet for information on long term care.

You may have had your PEG placed as part of a hospital stay or as a day case patient. The nurse will make sure that:

- The tube is not used for the first 6 hours after having it placed
- At 6 hours post placement the tube is flushed with 50mls sterile water.

At home:

- If the dietitian has advised you to start using the tube for feed – this should be started the morning after your feeding tube has been placed.
- Leave the original dressing in place for the first 24 hours. After this, remove it and clean the skin with sterile gauze and saline (the hospital should provide you with this). If there is no oozing from the site you do not need to replace the dressing. If there is oozing or you find it more comfortable with a dressing, assess and redress the PEG site daily with a light gauze dressing.
- Avoid bathing and showering for the first 2 days after placement, then avoid fully immersing the site in water for the first 7-10 days.
- Do not use talcum powder on the site
- Leave the clamp undone when not feeding – this will prevent damage to the tube
- If the site appears red, inflamed or infected please contact your GP for a swab of the site to be taken
- Your site may be painful for the first 48 hours post placement. This pain should be controlled with regular painkillers

Remember – to help prolong the life of your tube make sure the clamp is undone whilst the tube is not in use.

Flush the tube daily with a minimum of 50 mls water (freshly drawn tap water or boiled water that has cooled to room temperature) – even if you are not using the tube for feed yet.

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- You will need to clean the PEG site twice a day to reduce the risk of infection following the below steps
 - Wash your hands with soap and water and dry thoroughly
 - Look at the point on the PEG tube where the triangular fixation plate is attached
 - Unclip the triangular fixation plate, move it away from the skin a small way
 - Clean the skin around the PEG tube with normal saline using a non-woven swab.
 - Return the triangular fixation plate to its original position. Gently pull on the PEG tube until light resistance is felt. Re-fasten the clip on the triangular fixation plate.
 - Keep the triangular fixation plate 0.5cm-1cm away from the stomach wall. Do not increase the tightness as this can cause problems.

Remember – to flush the tube daily with 50mls water – even if you are not using the tube for feed yet.

If you have persistent abdominal or stomach pain or bleeding after the procedure:**• If your tube was placed at Milton Keynes:**

Contact the endoscopy unit on 01908 826524 08.30-18.30 Monday – Friday. If outside these hours contact 01908 660033 and ask to speak to the oncall medical registrar

• If your tube was placed at Northampton please:

Seek advice from the nutrition nurse during office hours on 01604 634700 Outside of office hours urgently refer to your GP or 'Out of Hours' GP services

The information in this leaflet has been based on the Milton Keynes University Hospital NHS Foundation Trust policy "Percutaneous Endoscopic Gastrostomy (PEG) – insertion, aftercare and feeding information for hospital in-patients and carers. Also used was Northampton General hospital 'Caring for your PEG feeding tube' information sheet.

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