

After 7-10 days after your tube has been placed, follow the below instructions. This should be done as specified for the lifetime of the tube.

Every Day:

- Clean the PEG site
 - Wash and dry your hands
 - Open the clip on your triangular fixation plate and move away from the skin
 - Use mild soap and tap water to clean the skin, the tube and the fixation plate with a non-woven cleaning cloth or gauze
 - Dry the tube and fixation plate with a clean dry towel (non fluffy)
 - Push the tube (advance) 6-7cm into your stomach and gently turn the tube 360°. We call this advancing and rotating the tube
 - Please note we advise to advance and rotate once a day. This helps prevent the internal retention disc getting 'buried' in the stomach lining.
 - Please note the manufacturers guidance state we should advance the tube 2-3cm, however in practice we find 6-7cm is required to prevent buried bumper.
 - Gently pull your tube back into the original position – you should feel a slight resistance on the inside.
 - Return the fixation plate to its original position and replace the clip on it to secure it (there is usually a 1-2 cm gap between your skin and the triangular fixation plate). If it is too tight it can cause pain, too loose and the tube can move in and out of the site and cause overgranulation/soreness.
 - Wash your hands
- Make sure the tube is flushed with a minimum of 50mls water (fresh tap water is fine as long as you are not immunocompromised) every day even if you are not using the tube for anything else.
- Leave the clamp undone whenever possible. This will prevent indentations forming on the tube and damaging it.
- Only ever use the purple 60ml syringe directly onto the PEG.

Always ensure the fixation (triangular) plate is about 1-2cm away from your skin.

Patient Information

PEG care after 10 days (gastrostomy)

General Information

- Contact your GP if:
 - the site looks red or inflamed, a swab may need to be taken to test for infection
 - the site continues to leak enough to soak through a dressing
 - you have unexpected cramps, constipation or vomiting lasting several days
- If you have a fever, monitor closely as this may be the beginning signs of an infection in your tube site.
- After 2 days you should be able to immerse completely in water e.g. have a bath. For swimming/Jacuzzis etc. please speak to the individual venue as they may require you to wear a dressing over the site whilst using their facilities.
- Sometimes a little nodule of skin can seem to grow by the site – this is often called overgranulation and can be easily treated. Phone the Abbott Nurse Advisor on 07824 483335 for advice.
- When the tube is not in use leave the clamp undone. If you do need to use the clamp make sure you move it a few millimetres in either direction to prevent the indentation always being at the same point.
- All PEG tubes will need changing at some point. The tube may last for months or years if well looked after. Following the advice on this sheet will help prolong the life of the tube.

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

If your tube falls out:

Monday – Friday 9am – 5pm please contact your Abbott Nurse Advisor on 07824 483335 within the first hour of it falling out.

If you cannot speak to them or it is outside of these hours please go to A and E as quickly as possible as the hole where the tube goes in (called a stoma tract) closes up very quickly.

If it is possible to re-insert the tube in the stoma tract – please do so but DO NOT USE, this will help keep the tract open until assessed by a health professional.