

## SIERRA ENDOSCOPY CENTER

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### PEG TUBE GUIDELINES FOR PATIENTS

#### Post-PEG or PEG/J Guidelines for Patients

A PEG tube (percutaneous endoscopic gastrostomy tube) is a tube that is placed through the skin of the belly directly into the stomach. These tubes are used to provide nutrition, fluid, and medications.

#### Care of the PEG Tube

1. Always wash hands before handling your PEG tube.
2. Cleanse the site with soap and water daily during a shower. **DO NOT** use hydrogen peroxide or any special cleansers. You may use a q-tip or gauze to swab gently around the site. Rinse well and pat dry.
3. If needed for drainage, you may apply a clean dressing to the site. This should be changed once a day or more often if soiled.
4. When cleansing the site or changing the dressing, look for pain and/or redness of the skin around the site. Call your doctor if this occurs.
5. Secure the tube to the skin surface to prevent tugging on the skin and skin breakdown.
6. Rotate the bolster (piece of soft plastic that sits on the skin to prevent the tube from slipping back into the stomach) and tube **daily** to prevent skin breakdown. Also gently push and pull tube in and out ~ 1/4 inch each day.

#### Pain control

1. You may experience some mild to moderate pain at the site of your PEG tube for a day or two after placement. You may take one or two extra strength Tylenol tablets every 8 hours as needed for pain.
2. If your pain is not controlled with the Tylenol and becomes severe, you should call our office immediately and speak with a nurse.

#### Tube Placement

1. Check the markings at the base of the tube before feeding/ medications.
2. Slight in-and-out movement of the tube is normal and can help prevent complications resulting from the bolster being too tight against the abdomen.
3. If the number at the base of the tube changes by 2 or more, call your health care provider.

#### Clogged Tube

1. Try to irrigate the tube with 30 mL of warm water.

## **7. Flush tube with 60 cc of water after EACH USE.**

### **Bathing**

1. You may shower 24-48 hours after tube placement.
2. You may bathe after your PEG check appointment typically 7–10 days after tube placement, if the physician gives the OK.

### **Medications**

1. Flush tube with 30 cc of water before any medication is put down the tube.
2. Every medication must be in liquid form or crushed finely and mixed with water.
3. **Note:** Review medications with nurse or pharmacist to ensure that it is ok to crush. Draw up medication in syringe and push into tube.
4. Flush with 60 cc of warm water after each medication.

### **Tube feedings**

1. Our office will arrange a home healthcare visit from a nurse to show you how to care for your PEG tube and how to administer basic feedings if needed.
2. If you have not spoken with a nutritionist, our office will arrange an appointment for you.
3. Begin your tube feedings as directed by your doctor.

2. Try to draw back with a 60 mL syringe.
3. Gently rocking the syringe back and forth may help to dislodge to blockage.
4. To prevent tube clogging, **ALWAYS FLUSH TUBE WITH 60CC WATER AFTER EACH USE AND/OR ONCE EACH DAY.**

### **Possible Problems**

Call your health care provider with the following problems:

1. Redness, swelling, sores, or pus around the tube.
2. Blood around the tube, or in the stool.
3. A change of more than two numbers at the bolster near the base of the tube.
4. A clogged tube that you cannot clear.
5. The tube falls out. Call Immediately.
6. Nausea that lasts more than 24 hours.
7. Recurrent vomiting of more than 8 hours.
8. Diarrhea that continues for more than 24 hours.
9. Gas or bloating that lasts for more than 24 hours or prevents you from giving the next tube feeding.
10. Constipation that lasts for more than 3 days, depending on your normal frequency of bowel movements, or hard stool for more than 5 days.
11. Weight loss of more than 2 pounds in one week.
12. Any unusual weakness or fever.