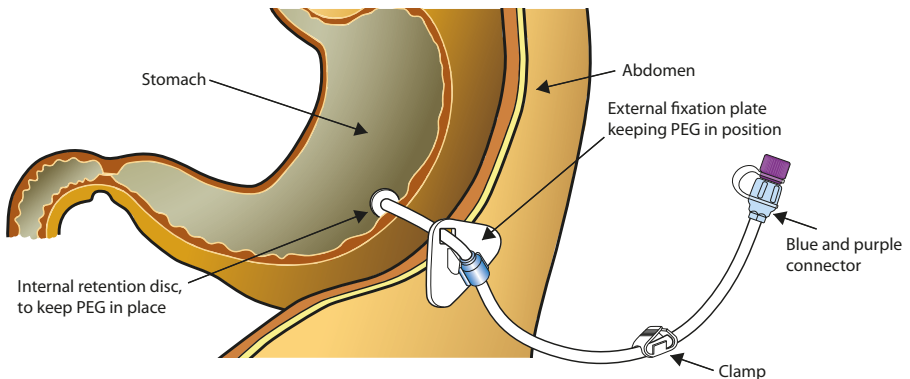


Percutaneous Endoscopic Gastrostomy (PEG) aftercare

Gastroenterology



The prevention of infection is a priority in all healthcare settings and everyone has a part to play.

- Please decontaminate your hands frequently using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, a cough or other respiratory symptoms, a temperature or an unexplained rash which could be infectious please do not visit the hospital or any other care facility. If your visit is essential then phone ahead to the department that you are visiting
- If you are unwell seek advice from 111 or your GP if required
- Help us to keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.



Care Colleagues
Collaboration Communities

You have had a Freka PEG (feeding tube) inserted on

.....

The external fixator is secured at cm at the skin.

This provides a direct route to your stomach for specialist feed, medicines and water while you are unable to eat and drink sufficiently.

This booklet gives you advice on how to look after your PEG tube and site independently and offers troubleshooting advice.

If you have any of the following symptoms within the first 72 hours following your PEG insertion do not use your PEG tube and seek advice from the contacts listed below:

- Severe abdominal pain / distress with possible abdominal bloating
- Raised temperature
- Breathlessness or increased respiratory distress
- Bleeding / leakage of gastric contents at stoma site
- Pain when feeding or when flushing

Nutrition Nurses

Monday-Friday, 8:00am-4:00pm

Tel: 01902 695336

Email: rwh-tr.enteralnutritionservice@nhs.net

Your Specialist Dietitian

Monday-Friday, 8:30am-5:00pm

Tel: 01902 695335

The Nutricia Careline

24 hour support line

Tel: 0345 250 1064

Your Abbott Nurse

24 hour support line

Tel: 0800 018 3799

Emergency department outside the above hours.



Contents page

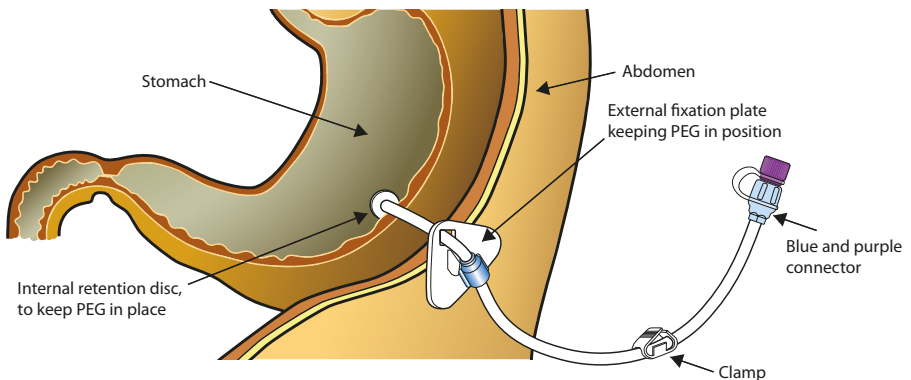
- Care of the PEG site and PEG tube 3
- First 48 hours..... 4
- 48 hours to 2 weeks after insertion..... 5
- 2 weeks after insertion and ongoing 7
- Advancing and rotating your PEG tube 8
- Oral hygiene 11
- Using your PEG 11
- How to flush your PEG 12
- Troubleshooting..... 15
- Unblocking your PEG Tube..... 16
- Yellow fluid in PEG / Discoloured PEG..... 18
- I have leakage at the PEG site 18
- My skin is sore, is it infected? 19
- Connectors have broken / fallen off – I still have the connector.. 20
- Connector has broken – I don’t have a spare connector..... 21

Care of the PEG site and PEG tube

Your PEG feeding tube has an internal retention disc (bumper) that is on the inside of your stomach, an external fixation plate (flange) that keeps the PEG close to the skin, a clamp and connector.

The internal retention disc (bumper) stops the PEG from falling out and, when the external fixation plate (flange) is in the correct position, acts as a plug around the tube preventing stomach contents leaking along the outside of the tube onto the tummy.

The purple cap should be screwed on to the blue connector and the clamp left open.



First 48 hours

Do not eat, drink or use your PEG tube for 4 hours after it has been inserted. If you were feeding via a nasogastric feeding tube before having your PEG, 4 hours after your PEG was inserted, if you have no acute symptoms, you can start using your tube. You should start with 50mls per hour of sterile water for 4 hours. If you have no acute symptoms during this period, you can start your feed at a rate discussed with your dietitian.

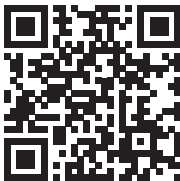
Do not bath or shower for the first 48hrs.

You may have some soreness or pain around the PEG site for the first few days, simple over the counter medication can help with this. There will be a dressing under the external fixation plate (flange).

The day after your PEG has been inserted you will need to flush your PEG with 50mls of freshly drawn tap water (sterile water will be used in hospital). This should be done at least daily if you are not yet needing to use the PEG for specialist feeds. To do this follow 'Using your PEG instructions'.

48 hours after the PEG has been inserted, the dressing should be removed.

Scan the QR code to access video for removing the dressing.



1. Wash your hands with soap and water and dry them with a clean towel	
2. Gently peel the dressing away from the skin, taking care not to pull the external fixation plate (flange) or PEG	

3. Discard the soiled dressing into a waste bin then wash your hands with soap and water and dry them	
--	--

You may now shower. It is okay to get the site wet with shower soap and water but when drying the site use a clean towel to reduce the risk of infection at the site.

48 hours to 2 weeks after insertion

You can have a shower but not a bath. This is to reduce the risk of infection.

Following your shower, be sure to dry the site thoroughly with a clean towel.

Clean the site daily with sterile gauze and water.

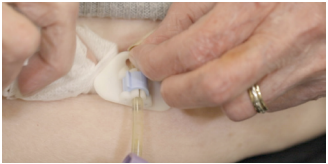
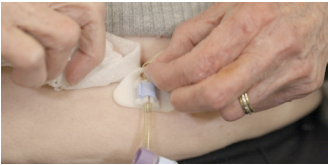
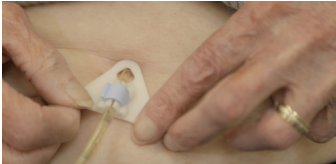
Scan the QR code to access video for cleaning the PEG site:

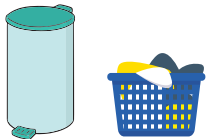


You will need: • Sterile gauze • Warm water • A clean towel.	
---	--

Do not undo the external fixation plate (flange).

1. Gather your equipment	
---------------------------------	---

2. Wash your hands with soap and water and dry them using a clean towel	
3. Dip gauze in warm water and squeeze off excess water	
4. Clean around the peg site under the external fixation plate (flange)	
5. If you need to clean again, use a clean part of the gauze or a fresh piece of gauze	
6. Clean and dry the external fixation plate (flange)	
7. Dry the skin with a dry piece of gauze	
8. Check the skin for signs of soreness, leakage or infection	

9. Throw the used gauze away and put your towel into the wash	
10. Wash your hands with soap and water and dry with a towel	

2 weeks after insertion and ongoing

Scan the QR code to access video for cleaning, advancing and rotating:

Clean the site daily, this will reduce the risk of infections and help prevent skin irritation.

After 14 days, providing you have no concerns with your PEG site, it is now safe to have a bath if you wish.

You must now Advance and Rotate the PEG tube daily, this will reduce the risk of 'buried bumper' – a condition where the internal retention disc (bumper) becomes overgrown by the internal stomach skin lining (you will be taught how to do this, do not worry).

Some people do this as part of their daily hygiene routine as instructed below and demonstrated in the video.



Advancing and Rotating your PEG tube

You will need:

- A clean lint-free cloth, such as a flannel
- Soap and water
- A clean towel.



Steps:

1. Gather your equipment



2. Wash your hands with soap and water and dry them using a clean towel



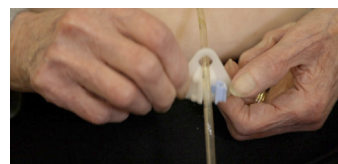
3. Open the blue clamp on the external fixation plate (flange) and release the tube from the channel

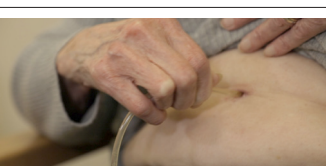
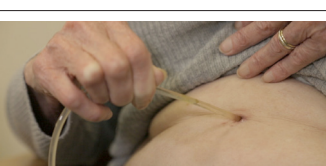


4. If the centimetre markings are visible on the tube, note the centimetre marker that is visible at the skin. The centimetre markers wear off the tube quite quickly, but the length of the visible tube should remain the same



5. Slide the external fixation plate (flange) down the tube away from the skin



6. Using a clean lint-free cloth, clean the skin at the PEG site with soap and water then remove the soap with clean water	
7. Dry the skin with a clean towel	
8. Check the skin for signs of soreness, leakage, or infection	
9. Using a clean area of the lint-free cloth, clean and dry the external fixation plate (flange)	
10. Advance the PEG tube by pushing the tube gently into the stomach by 5 to 6 cm	
11. Rotate the PEG tube 360 degrees	
12. Pull the PEG tube back to the original position (you will feel gentle resistance at this point) Wipe the tube with a clean, lint free cloth and dry the tube.	

13. Slide the external fixation plate (flange) back down the PEG tube towards the skin	
14. Holding gently on the PEG tube, slide the PEG tube back into the external fixation plate (flange) channel leaving half a centimetre gap between the external fixation plate (flange) and the skin. Check the external fixation plate (flange) is not too tight when sitting up, it may need loosening slightly	 
15. Close the blue clamp over the external fixation plate (flange), to keep the PEG tube in position	
16. Put your lint-free cloth or flannel and towel into the wash	
17. Wash your hands with soap and water and dry with a towel	

Oral hygiene

Even if you are not eating you still need to keep your mouth clean. This will help to prevent chest infections. Brush your teeth morning and evening.

Brush your teeth and gums morning and evening with a pea sized amount of low foaming fluoride toothpaste on a moist toothbrush.

If you have a very dry mouth or lots of saliva and phlegm, ask your GP or Speech and Language Therapist for advice.



Using your PEG

Scan the QR code to access video for using your PEG:



When using your PEG tube, you should be in an upright position. If you will be using your PEG overnight, you should sleep in a semi-recumbent position keeping your head higher than your stomach. You may need to use pillows to prop yourself up at 30-45 degrees. This is to reduce the risk of stomach content getting into your lungs.

The day after your PEG has been inserted you will need to flush your PEG. This should be done at least daily if you are not yet needing to use the PEG for specialist feeds.

If you are using your PEG for specialist feed or medication, you will need to flush the PEG before and after administering these.

Only specialist feeds should be used, these are prescribed by your dietitian.

Ideally medication should be in liquid form, speak to your GP and pharmacist for advice.

How to flush your PEG

You will need:

- Freshly drawn tap water in a cup (at room temperature)
- 60ml purple syringe
- Towel or kitchen roll to absorb any spillages



Steps:

1. Wash your hands with soap and water and dry them with a clean towel



2. Pour freshly drawn tap water into a clean cup



3. Draw up the water using your 60 ml purple syringe and expel any air. The amount of water will be advised by your dietitian



4. Close the clamp on your PEG tube, this will prevent leakage



5. Open the purple cap on the end of your PEG tube



6. Screw the syringe to the blue connector, do not over-tighten	
7. Open the clamp on your PEG tube	
8. Gently depress the plunger of your syringe, this will move the water from the syringe down the tube and into your stomach	
9. Close the clamp on your PEG tube	
10. Unscrew the syringe from the blue connector	
11. Screw the purple cap back onto the blue connector	
12. Open the clamp on your PEG tube. Keep the clamp towards the blue and purple connector and move it a few millimetres each time you use it. This will help prevent damage to the PEG tube	

13. Pull the end out of your syringe	
14. Wash both parts of your syringe in warm soapy water, rinse and leave to air dry	
15. Wash your hands with soap and water and dry with a towel	

Your syringes are reusable, when you need to use it again, put the plunger back into the barrel and check it slides in and out easily.

Troubleshooting

I think my PEG tube is blocked

Steps:

1. Is the clamp open?

No - open the clamp and attempt to flush PEG again.

Has this solved the problem?

No - follow the next step.

2. Has your PEG been in for more than 2 weeks?

No (less than 2 weeks) - Contact one of the numbers on the front of the booklet for further guidance.

Yes - Follow the next step.

3. Do you have any unusual pain at the site or in your abdomen?

or

Has your PEG been pulled significantly?

Yes - Contact one of the numbers on the front of the booklet for further guidance.

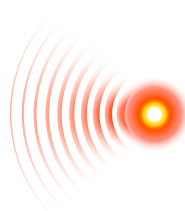
No - Follow the next step.

4. **If your PEG is over 2 weeks old:** Can you advance and rotate the tube?

No - Contact one of the numbers on the front of the booklet

Yes - Follow the instructions below to attempt Unblocking your PEG:

Scan the QR code to access video for blocked tube:



Unblocking Your PEG Tube

You will need: • A cup of warm water (boil the kettle and allow water to cool slightly before using) • An empty cup / receptacle (for wastage) • A 60 ml purple syringe.	
---	--

Steps:

1. Wash your hands with soap and water and dry with a towel	
2. Draw up 20mls of warm water	
3. Check your PEG tube is not kinked	
4. Open the clamp on your PEG tube	
5. Massage the PEG tube along its length	

6. Close the clamp	
7. Open the purple cap	
8. Attach your purple syringe	
9. Open the clamp	
10. Using a push / pull motion on the syringe plunger, attempt to unblock the tube. (Do not use too much force as this will damage your PEG tube)	
11. If you get debris in your syringe, close the clamp, remove the syringe and discard the syringe contents into your empty cup / receptacle	
12. Repeat steps 2 – 11 for up to 30 minutes	

13. Once unblocked, flush with 50 mls of freshly drawn tap water



If you have attempted the above and are still unable to unblock your PEG: Contact one of the numbers on the front of the booklet.

Yellow fluid in PEG / Discoloured PEG

Gastric fluid can track back from your stomach into your PEG tube. This is very normal and will naturally discolour your PEG over time



PEGs can become a very dark brown / black colour after several months / years. This is expected and is **not** a sign of poor hygiene or poor PEG care.

If you are worried about yellow fluid in your PEG tube, you can flush this back into your stomach (this will not cause any harm) following the steps on page 12 "How to Flush your PEG."

I have leakage at the PEG site

Clean your skin as previously instructed on page 9.

1. Is your external fixator in the correct position?



No - Clean skin and tighten external fixator



Yes - See next step.

2. Is your skin red and sore?	
-------------------------------	--

Yes - Contact one of the numbers on the front of the booklet.

My skin is sore, is it infected?

Clean your skin as previously instructed on page 9	
--	---

1. Is the skin around your PEG site hot, inflamed, swollen, painful? Or is there any noticeable pus? Yes - Contact GP - Infections may require antibiotics. No - Infection unlikely, check the external fixator is in the correct position. Contact one of the numbers on the front of the booklet	
---	--

Please note: you may be required to have a swab of the PEG site to confirm or rule out infection first.

Connectors have broken / fallen off – I still have the connector

Scan the QR code to access video for a broken connector:



1. Wash your hands	
2. Clamp your PEG tube to prevent leakage	
3. Unscrew the connectors	
4. Slide the small blue end (part A) onto the PEG tube with the larger opening facing the end of the tube	
5. Push the bigger blue and purple connector (part B) into the end of the PEG	

6. Slide the small blue end (part A) back towards the bigger blue and purple connector (part B) at the end of the PEG tube	
7. Screw the small blue end (part A) into the bigger blue and purple connector (part B)	
8. Gently pull connectors to check it they fixed in position on the end of the PEG tube.	

If this has not worked contact one of the numbers on the front of the booklet.

Connector has broken – I don't have a spare connector

Contact one of the numbers on the front of the booklet.

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。