

PEG TUBE ADVICE LEAFLET

Easy reading version

- This leaflet has been made to help you look after your PEG tube
 - Once your tube has been placed, it is important to care for your tube and the skin around your tube (stoma site) by following the information given in this leaflet
 - If you have any questions or concerns, please contact your Nutricia Homeward Nurse on:
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Urgent action needed — please read carefully

For three days (72 hours) after your tube has been placed, if you have any of the symptoms below, **STOP** feeding and **DO NOT** use your tube for medication or water flushes — you must get **immediate medical advice**:



- Severe pain when using your tube for tube feeding, medications or water flushes
- Any pain after the tube has been placed
- Any bleeding from the stoma site
- If you have fluid and leakage around the stoma site.



Contact the emergency telephone number given to you by the hospital:

DO NOT leave messages on an answering machine.



Caring for your PEG tube in the first _____ days

Dates: _____ to _____

- You must wash your hands before and after touching your tube
- It is important you **DO NOT** move the fixation plate
- Clean your stoma site with cooled boiled water and gauze every day
- Pat your skin dry after cleaning
- **DO NOT** use creams, talcum powders or dressing unless prescribed
- On day one, check the position of the tube and skin cm markings. If you notice any redness, pain, discharge or leakage, please ask your Nutricia Homeward Nurse, GP, or district nurse, for help.



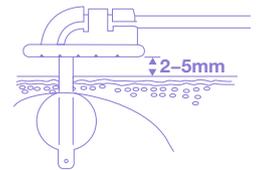
From day ____ onwards

Date: _____

- You can now open and move the fixation device to clean your stoma better
- Clean your stoma site at least one a day with warm, soapy water and a soft clean cloth
- Push in (advance) your tube at least 2-3cm and turn it 360° (all the way round), as shown by your Nutricia Homeward Nurse

It is important this is done every _____

- Pat skin dry after cleaning stoma
- Put fixation device back into position, about 2-5mm away from the skin. This stops your stoma site from becoming sore
- Any sign of redness, pain, discharge or leakage, ask for advice from your Nutricia Homeward Nurse, GP, or district nurse



- If you are unable to advance or rotate your tube, **DO NOT** use your tube. Ask for advice from your Nutricia Homeward Nurse



- You can also look at the advance and rotate picture guide to help you.



How to check the position of your PEG tube

- Before using your tube you can check your tube position by looking that the length hasn't changed. For example, does the tube look longer or shorter than usual?
- **DO NOT** use your tube if you think your tube has changed position. Contact your Nutricia Homeward Nurse, GP, or district nurse
- Your Nutricia Homeward Nurse will show you how to flush your tube with water.
- You can also look at the how to flush your tube picture guide to help you.



What to do if your PEG tube is blocked

- If there is any resistance when flushing your tube, **DO NOT** use force into the tube
- Check the position of your tube
- Check you can advance and rotate the tube easily
- If you **CANNOT** advance or rotate your tube, **DO NOT** use your tube and ask for medical help straight away from your Nutricia Homeward Nurse, GP, or district nurse
- If you **CAN** advance and rotate your tube, you can try to unblock it by squeezing the tube with your fingers and moving the blockage up towards your stomach
- If that doesn't work you can also try the push-pull method — follow the unblocking your tube picture guide
- After 20 minutes, if the tube is still blocked, contact your Nutricia Homeward Nurse who will be able to help you
- Contact your GP or dietitian if your feed or medication is going to be delayed because your tube is blocked.



What to do if your PEG tube has come out

- A PEG tube **CANNOT** be replaced at home. You will need a new tube to be replaced as soon as possible at the hospital
- It is important to stay calm
- Place a clean dry dressing over the stoma site to prevent any leakage
- Go straight to the A&E department at the hospital
- If you can, take any information about the tube to the hospital with you and take the old tube in a clean plastic bag.



