

BALLOON GASTROSTOMY TUBE ADVICE LEAFLET

Easy reading version

- This leaflet has been made to help you look after your Balloon Gastrostomy Tube (BGT)
 - If you have any questions or concerns, please contact your Nutricia Homeward Nurse on:
-



Contents

- Urgent action needed
- Caring for your tube in the first ____ days
- Caring for your tube from day ____ onwards
- How to check the position of your feeding tube
- How do I check the water in the balloon?
- What to do if your balloon has less water
- What to do if you cannot remove any water out of the balloon
- What to do if your tube is blocked
- What to do if your tube has come out



Urgent action needed — please read carefully

For three days (72 hours) after the tube has been placed, if you have:

- Pain when using your tube for feeding, medications or water flushes
- Any severe pain after the tube has been placed
- Any bleeding from the stoma site (skin around the tube)
- Any leakage/fluid around the stoma site



DO NOT use the tube for any water flushes, medication or feed.



You must get medical help immediately to check your tube is in the right position.

Contact the emergency telephone number given by the hospital:



DO NOT leave messages on an answering machine.

If you cannot get hold of a medical professional, go straight to A&E.



Caring for your tube in the first _____ days

Dates: _____ to _____

- You must wash your hands before and after touching the tube
- It is important you **DO NOT** move the fixation plate
- You must clean the stoma site with sterile water and gauze every day
- Make sure you pat your skin dry after cleaning
- If you have any redness, pain or leakage from your stoma, please ask your Nutricia Homeward Nurse, GP or District Nurse for advice.



Caring for your tube from day ____ onwards

Date: _____

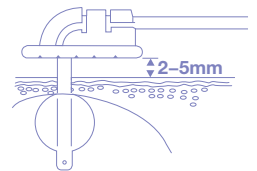
- You must wash your hands before and after touching your tube
- You can now move the fixation device to clean your stoma better
- Clean your stoma site with warm, soapy water and a soft clean cloth at least once a day
- Make sure you pat your skin dry after cleaning
- Your feeding tube needs to be pushed in (advanced) and turned (rotated) 360° at least



- _____
- Your Nutricia Homeward Nurse will show you how to do this
- See the picture guide for further help



- After advancing and rotating your tube, make sure your fixation device is put back to 2-5mm from the skin surface
- **DO NOT** use your tube if you cannot advance OR rotate — speak to your Nutricia Homeward Nurse for advice.



How do I check the position of my feeding tube

- You must check the tube position each time you use your tube
- Check the centimetre (cm) markings on your tube at the skin remain the same
- If advised by a managing healthcare professional, you can check the position of your tube by measuring the pH of gastric aspirate (stomach contents) — please see picture guide on how to do this.



How do I check the water in the balloon?



- Your Nutricia Homeward Nurse will show you how to check the water in your balloon.
The balloon holds your tube in place
- You must check the water in your balloon every _____
- See the picture guide for more help.



What to do if your balloon has less water

If the water removed from your balloon has more than 1ml of water lost, then please do the following:



- Insert recommended amount of water into your balloon and wait 20 minutes
- Remove water from your balloon. If the water is less, put the recommended water back into your balloon and tape the tube to your stomach
- Contact your Nutricia Homeward Nurse as soon as possible
- If the balloon water is the same, put the recommended water back into the balloon and speak with your Nutricia Homeward Nurse.



What to do if you cannot remove any water out of the balloon

- **DO NOT** use your tube
- Try soaking the balloon port in warm soapy water and try again
- If you still cannot remove any water from the balloon, tape the tube down to your stomach
- Speak to your Nutricia Homeward Nurse as soon as possible.



What to do if your feeding tube is blocked

- If there is any resistance when flushing your tube, **DO NOT** use force to push water into the tube

You must:

- Check your tube is in the correct position first. Check the cm markings at the skin are still the same
- If cm markings have changed, **DO NOT** unblock your tube. Speak to your Nutricia Homeward Nurse for advice



Next, check you can advance and rotate your tube easily

- If your tube **DOES NOT** advance or rotate freely, then **DO NOT** try to unblock your tube. Speak to your Nutricia Homeward Nurse urgently
- If your tube **DOES** advance and rotate freely, you can use a gentle pull push technique to unblock your tube. Follow picture guide on how to do this



- If the tube is still blocked, speak to your Nutricia Homeward Nurse for advice
- **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 tube has come out

IMPORTANT: If the tube has been removed with water still in the balloon, or if you have any bleeding or pain - get medical help immediately. A new feeding tube needs to be inserted as soon as possible, otherwise the stoma may close.



If you have a spare tube (or stoma preservation device) you can:

- Place the new tube into your stoma
- Tape the tube to your stomach
- DO NOT use the new tube
- Contact the person who does your tube changes. If they are not available go to A&E. Take your spare tube with you.

If you have not been trained or do not feel confident on how to replace your tube **DO NOT** attempt to replace a new one.

- Remain calm
- Place a clean dry dressing over the stoma area to prevent any leakage
- If you are in pain and it is safe to have oral medication, you can take prescribed pain relief
- Contact your Nutricia Homeward Nurse immediately
- If they are not available, contact your GP or local emergency department to let them know the tube will need to be replaced urgently
- If you have a spare tube, take it with you. If you have a BGT passport take that with you too



- Once the new tube has been replaced, inform the person who normally changes your tube and ask them to order a new feeding tube.



HOMeward

Nutricia Limited
Newmarket Avenue
White Horse Business Park
Trowbridge, Wiltshire BA14 0XQ

SCC4077-03/23