

PEG site care

24 hours after the PEG tube insertion, bathing with mild soap can begin. Dry the PEG site and under bolster after bathing. Ensure the site remains clean and dry. Rotate the tube full circle each day. The PEG tube should fit comfortably against the skin and not cause any indentations.

PEG tube care

Feeding, flushing and medication regimes will be arranged with your treating medical team and dietitian. They will also let you know approximately when the tube will need to be replaced.

PEG tube dislodgement

If your PEG tube becomes dislodged a new tube will need to be placed within hours to prevent the insertion site from closing over. If this occurs, please contact St Vincent's Emergency Department via General Enquiries 03 9288-2211.

To confirm or cancel your appointment or if you require further assistance

Contact

St Vincent's Waiting List Officer (general enquiries)
Tel: (03) 9288 2272 (Monday to Friday,
8:30am-4:30pm)

St Vincent's Hospital (general enquiries)
Tel: (03) 9288 2211

If your clinical condition has changed since your initial assessment, please contact the Liaison nurse on 9288 2322

Address

Day Procedures and Endoscopy
St Vincent's
1st Floor, Inpatient Services Building
Princes Street
Fitzroy VIC 3065



*Percutaneous
Endoscopic
Gastrostomy (PEG)*

Essential Information and
Instructions
for Patients and Carers

MUST READ

The procedure

You have been referred for a percutaneous endoscopic gastrostomy (PEG). A PEG is a feeding tube that goes through the abdominal wall and into the stomach so that food can be delivered into the stomach.

Before your procedure you will be given an anaesthetic by injection into a vein to make you comfortable. During the procedure a flexible tube with a camera, called an endoscope, is inserted through the mouth and into the stomach to select a suitable position to place the PEG tube (see image below). Local anaesthetic is injected into the skin of the abdominal wall and a small cut made to allow for the gastrostomy tube to be passed into the stomach.

A PEG is a simple and safe way of receiving food, fluids and medications when there are problems with swallowing or eating. The procedure will take between 20 and 30 minutes. The minimum recovery time is 1 hour.

It is important that you follow the instructions in this brochure carefully to ensure that your procedure is effective.



Image courtesy of
www.gesa.org.au

Safety and risks

Complications of the procedure are uncommon but sometimes there are complications which you should be aware of. These may include:

- Reaction to sedatives
- Perforation
- Infection
- Oozing from the wound
- Dislodgement of tube

One week before your PEG

1. Call Waiting List Officer on 03 9288 2272 to confirm your appointment.
2. Please cease the following medications, if you are taking them: iron tablets, aspirin, drugs to stop diarrhoea, and anti-inflammatory medications (for arthritis).
3. If you have diabetes and take any tablets or insulin, you must discuss this with your GP.

The day before your PEG

1. Take your regular medications at the usual time with a sip of water, **except for** medications that are being withheld for the procedure (as directed by your doctor).
2. You may eat and drink normally up until **MIDNIGHT**. No solid food or milk should be consumed after this time.

On the day of your PEG

1. Do NOT eat after midnight, however you may drink **water or apple juice** (CLEAR not cloudy) up until **6am** to assist with your hydration.
2. You may take your usual medications with the above fluids at 6am, except for medications that are being withheld for the procedure.
3. Wear comfortable clothing and flat shoes. DO NOT wear jewellery or bring valuables.
4. Please report to the reception desk – Day Procedures, 1st Floor, Inpatient Services Building.
5. Prepare to be at St Vincent's for a minimum of 5 to 6 hours.

After your PEG

1. You will be monitored in a recovery room until most of the effects of sedation have worn off.
2. A copy of your procedure report will be given to you to take to your referring doctor.
3. You must have a friend or relative to accompany you home by car and they must stay with you overnight.
4. If you have severe pain or feel very unwell you should call 03 9288 2211 and ask to be transferred to the Emergency Department.