

**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)*

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](http://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.

### **On the day of your PEG**

1. You may eat and drink normally up until **7 am**. No solid food or milk should be consumed after this time.
2. You may drink **water or apple juice** (CLEAR not cloudy) up until **11 am** to assist with your hydration.
3. You may take your usual medications with the above fluids by 6 am, except for medications that are being withheld for the procedure.

4. Wear comfortable clothing and flat shoes. DO NOT wear jewellery or bring valuables.
5. Please report to the reception desk – Day Procedures, 1st Floor, Inpatient Services Building at the time of your appointment
6. 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.