



After your PEG

1. You will be monitored in a recovery room until most of the effects of sedation have worn off (minimum of 1 hour). You may need to stay one or more nights in hospital to recover and start a feeding regime.
2. You will not be able to drive, operate machinery, return to work or drink alcohol for the rest of the day. You must have a friend or relative accompany you home by car/taxi and stay with you for 12 hours. If you have not arranged this your procedure will be rescheduled.
3. There may be mild, temporary discomfort following your procedure. Your throat may be sore for a few days after the procedure and the cut on your abdomen may be sore for up to a week. If you have severe pain or feel very unwell you should contact the hospital on (03) 9288 2211 and ask to be put through to the Emergency Department.
4. The tube will need to consolidate its position for 24 hours before it can be used for feeding. It should be flushed with water and feeds should be commenced after review by the dietitian.
5. If the tube comes out it must be replaced with a Foley catheter to keep the tract open. The Gastroenterology Registrar should be contacted so that arrangements can be made for a replacement PEG tube to be inserted.

Safety and risks

Complications of the procedure are uncommon and can usually be treated with antibiotics. However, there are some rare complications which you should be aware of. These may include:

- Damage to other organs
- Leakage of stomach contents into the abdominal cavity
- Infection

If these serious complications occur it is possible that you may require surgery.

To confirm or cancel your appointment or if you require further assistance, please contact:

St Vincent's Day Procedures (general enquiries)
Tel: (03) 9288 4424 (Monday to Friday, 9am-5pm)

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

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

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Mission

Our health service is based on and driven by our quest for:
Compassion – Justice – Human Dignity – Excellence – Unity

Percutaneous Endoscopic Gastrostomy (PEG)

Information and instructions
for patients

Percutaneous Endoscopic Gastrostomy (PEG)

Please notify Day Procedures if you are pregnant, or suspect that you are pregnant.

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 (known as gastrostomy).

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. Local anaesthetic is injected into the skin of the abdominal wall and a small cut is made to allow for the gastrostomy tube to be passed into the stomach.

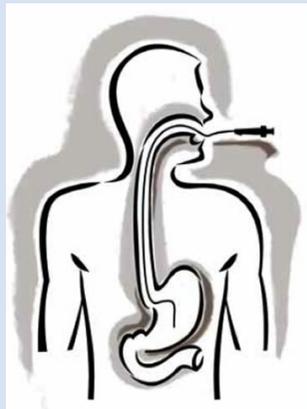


Image courtesy of
www.gesa.org.au

A gastrostomy is a simple and safe way of receiving food when there are problems with swallowing or eating. The procedure will take between **xx and xx** minutes.

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

One week before your PEG

1. Read all preparation instructions.
2. Arrange for a friend or relative to take you home and stay with you overnight after the procedure. If you do not arrange this your procedure will be rescheduled.
3. Call Day Procedures to confirm your appointment.
4. Aspirin and other anti-inflammatory medications should be stopped 5-7 days prior to your procedure as they increase the risk of bleeding.

The day before your PEG

1. Have nothing to eat or drink from midnight before your procedure.
2. Take your usual medications with a sip of water at the usual time except for medications that are being withheld for the procedure (as directed by your doctor).

Your stomach must be empty so that the doctor performing your procedure has clear vision.

On the day of your PEG

- DO NOT EAT ANY SOLID FOODS
 - DO NOT DRINK ANY LIQUIDS
 - DO NOT DRINK ALCOHOL
1. Take your usual medications with a sip of water at the usual time except for medications that are being withheld for the procedure (as directed by your doctor).
 2. Wear comfortable clothing and flat shoes. DO NOT wear jewellery or nail polish, or bring valuables.
 3. Please report to the reception desk, Day Procedures, 1st Floor, Inpatient Services Building.
 4. Prepare to be at St Vincent's for a minimum of 3-4 hours (and bring something to read).
 5. At the beginning of your procedure your throat may be sprayed with a local anaesthetic. You will also be given sedation by injection into a vein to make you more comfortable. It is important to tell your doctor if you are allergic to any antibiotics – antibiotics are often given during this procedure to reduce the risk of infection.