

# Aftercare following insertion of a PEG feeding tube

## Introduction

This leaflet gives you advice on how to care for your PEG feeding tube and the stoma site during and after the healing process.

## After effects from your gastroscopy

You may experience a bloated, windy feeling inside your stomach following your gastroscopy. Moving around may help to relieve this but it usually goes within a few hours.

You may also have a sore throat for a short period of time after the procedure. This is normal and should pass within 2 days.

## To relieve excess air in your stomach

To help ease bloating and discomfort:

1. Lay a towel and empty bowl in your lap.
2. Place the end of the PEG tube into the bowl.
3. Open the caps on both ports of the PEG tube and open the clamp to allow the air to come out.
4. Once the symptoms have settled, flush the tube with water and place the caps back on both ports of the PEG tube.

**Please note - the above is to expel air in the stomach not gastric fluid.**

## Care of your stoma site

It is important to keep your stoma site clean during and after healing. Please follow the advice below:

- Check the stoma site daily.
- For the first 7 days the stoma site must be cleaned daily using sterile gauze and sterile saline then dried thoroughly. Do not apply a dressing to the stoma site.

Reference No.

GHPI1636\_03\_24

Department

Endoscopy

Review due

March 2027

## Patient Information

- It is usual for the stoma site to appear red and swollen while it heals. It may also ooze some serous fluid (body fluids looking like a serum, usually pale yellow or transparent).
- If the stoma site starts to feel painful and there is pus forming in or around the stoma site, this could be a sign of infection. If you notice this, please contact the Enteral Nutrition Nurse Specialists for advice.
- After 7 days (or once stoma has healed) mild soapy water can be used for daily cleaning of the stoma site.
- The stoma site must not be immersed in water until it is fully healed but you may still shower with care.
- After 7 to 14 days (once the stoma site has healed) you can take a bath, swim and attend hydrotherapy. An occlusive waterproof dressing (an air and water-tight dressing) may be used to cover, seal and protect the stoma site when swimming or attending hydrotherapy. A healed stoma site is one which is not red, painful or leaking.

## Care of your PEG feeding tube

- You should flush the tube at least once a day with 60mls of tap water using the 60ml syringe that you were given when discharged.
- The fixation device should be positioned 2 to 3 mm from the skin. Do not move the fixation device for the first 14 days. If the fixation device is too tight, please follow the advice below:
  - 1 to 7 days after insertion you should contact the Endoscopy Unit that inserted your PEG.
  - 7 days or more after insertion you should contact the Enteral Nutrition Nurse Specialists on 0300 4225645.
- Move the clamp on the PEG tube regularly to prevent damaging the tube.

## Patient Information

### Contact information

If you have any concerns or questions, please contact:

#### Endoscopy Unit

Gloucestershire Royal Hospital

Tel: 0300 422 8222

Monday to Friday, 8:00am to 6:00pm

Cheltenham General Hospital

Tel: 0300 422 3370

Monday to Friday, 8:00am to 6:00pm

### Making a choice

#### Shared Decision Making

If you are asked to make a choice, you may have lots of questions that you want to ask. You may also want to talk over your options with your family or friends. It can help to write a list of the questions you want answered and take it to your appointment.



#### Ask 3 Questions

**To begin with, try to make sure you get the answers to three key questions if you are asked to make a choice about your healthcare.**

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?

These resources have been adapted with kind permission from the MAGIC Programme, supported by the Health Foundation.

\* Ask 3 Questions is based on Shepherd HL, et al. Three questions that patients can ask to improve the quality of information physicians give about treatment options: A cross-over trial. Patient Education and Counselling, 2011;84:379-85.



<https://aqua.nhs.uk/resources/shared-decision-making-case-studies/>