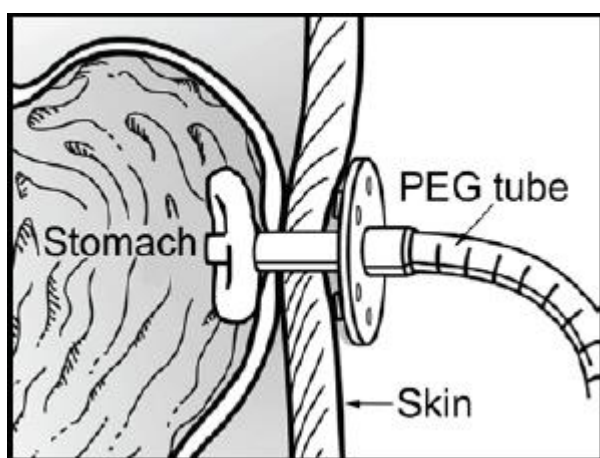


Percutaneous Endoscopic Gastrostomy (PEG) Tube

Basic Care Guide



A PEG tube is a tube inserted surgically into the stomach through the abdominal wall. The tube is kept in position by being held between a mushroom shaped retention flange in the stomach and a flat disc (skin flange) on the abdominal wall. This initial gastrostomy will stay in for 3-12 months. An anaesthetic and a gastroscopy will usually be required to change this tube to a low profile device or 'button'.



Care of your PEG tube and skin

- Use a clean cloth and tap water to wash around your PEG tube. Clean the skin insertion site and under the plastic flange at least two times per day.
- Start with cleaning as part of your daily shower routine. Some people may need to clean under the plastic disc more frequently.
- Rotate (turn) the tube completely each day (starting 3-5 days after insertion)
- Do not put dressings under the flange unless instructed to. Once oozing stops there is no need for a dressing.
- It is normal for your PEG tube insertion site to be red, crusty and moist for the first week and sometimes longer.
- The insertion site can be tender at times. If you are concerned discuss this with a health care professional.

Care of your PEG tube and skin continued

- Bathing may recommence 3-4 days after the initial gastrostomy insertion. It is a good way to keep the stoma clean.
- Swimming, either in the sea or pool can be recommenced after 2 weeks of insertion.
- If you are using your PEG tube for feeding, then you need to take care of your mouth, by cleaning your teeth and using a mouth rinse and lip balm.
- The clamp on the tube should be placed in a new position every day to avoid weakening the tube.

Flush your tube twice a day with 20ml of tap water, when you are not using it for feeding (cooled boiled water if under 6 months old or immunosuppressed).

If your PEG is accidentally removed:

If your PEG is accidentally removed please come to the emergency department immediately.

Important contact details (for all gastrostomy related questions and problems):

If you have not received an appointment for Gastro PEG clinic by 2 weeks or you have questions or concerns, please contact us at any stage.

PEG clinic – Level 2 day medical unit – motility room

9345 5673

peg.nurse@rch.org.au