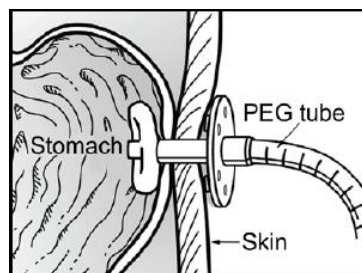
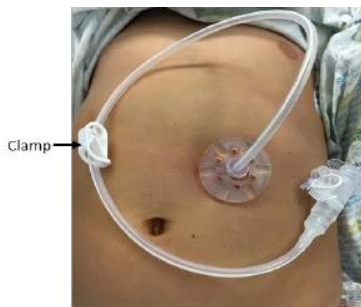


Initial Gastroscopy - Basic Care Guide



Percutaneous Endoscopic Gastrostomy (PEG) Tube with or without the assistance of a laparoscope

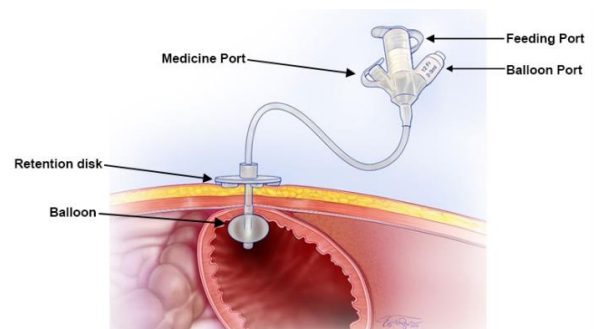
A PEG tube is inserted surgically into the stomach, through the abdominal wall, with the help of a camera (gastroscopy). The tube is kept in position by a disc in the stomach and another disc, plate or fixator on the skin (retention fixator). This initial gastrostomy will stay in for 3-12 months. An anaesthetic and a gastroscopy will usually be required to change this tube to a low profile device or 'button'.



Surgically placed gastrostomy tube

A surgical gastrostomy tube is inserted without the assistance of a camera which is reserved for specific situations.

It is held in place by a balloon in the stomach and either a disc or taping on the skin. This gastrostomy will stay in place for a minimum 6-8 weeks and does not require another anaesthetic to change to a low profile device or 'button'.



Care of your gastrostomy tube and skin

- Use a clean cloth and tap water to wash around your gastrostomy tube. Clean the skin under the retention fixator one or two times per day. Start with cleaning as part of your daily bathing routine.
- Bathing may recommence 3-4 days after the initial gastrostomy insertion. Bathing is a good way to keep the stoma and tube clean.
- You **MUST** rotate (turn) the tube completely both direction, each day, starting 3-5 days after insertion.
NOTE: For a surgically placed gastrostomy tube, the surgeon will advise the timing of the commencement of tube rotation.
NOTE: Gastrojejunal tubes should **NOT** be rotated.
- Do not put dressings under the external fixator unless instructed to. Once oozing stops there is no need for a dressing, unless instructed by the PEG team or surgeon. Vaseline can be used as a barrier to protect the skin whilst there is ooze, or at any time with redness or leaking.
- If a dressing is required, a non-adhesive foam is preferred, as it buffers movement and absorbs effectively.
- It is normal for your Gastrostomy tube insertion site to be tender, mildly red, crusty and moist for the first week and sometimes longer. Continue to gently clean and dry the site.
- Please seek a review if the site becomes persistently red or swollen.
- Swimming, either in the sea or pool can be recommended 2 weeks post insertion.

- If you do not take any feeds by mouth, you will still need to take care of oral hygiene, 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).

Granulation

Granulation tissue is a normal part of healing. It is a red/pink soft, wet tissue that appears around the stoma. It can weep fluid that is sticky and pus-like and can bleed easily. This is not an infection. While granulation tissue is bothersome, it is not dangerous. While it remains small and stable, apply Vaseline/paraffin and a foam dressing, while ensuring the tube does not hang, pull or get bumped. If you notice granulation tissue growing larger or not healing despite these methods, book a non-urgent appointment in PEG clinic or with your GP.



If your PEG is accidentally removed:

If your gastrostomy tube is accidentally removed, come to the emergency department **immediately**.

Contact details (for all gastrostomy related questions and problems):

The PEG clinic is here to help with all your gastrostomy questions/concerns.

We are an outpatient clinic and do not come to the wards.

You should receive a post-op appointment within 6 weeks of the PEG insertion. If you do not receive an appointment, please book one through the contact centre.

Please always make an appointment, as we are not a walk in clinic.

If you would like further education on the care of the tube or have any concerns or questions about the gastrostomy, please book an appointment. This may be a Telehealth, if the Doctor/Nurse does not need to observe the stoma. You may require a follow-up in person appointment.

We are not able to attend to phone or email queries. Booked time needs to be allocated to address all queries.

PEG clinic – Level 2 day medical unit – Motility Room

Clinic runs Monday, Wed – Friday 9am-12pm (excluding public holidays)

For all bookings 93456180