

Having a jejunostomy (JEJ) feeding tube inserted

Nutrition and Dietetics
Information for Patients

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Introduction

This leaflet will tell you about the jejunostomy (JEJ) feeding tube. We are thinking about using this for you or a member of your family.

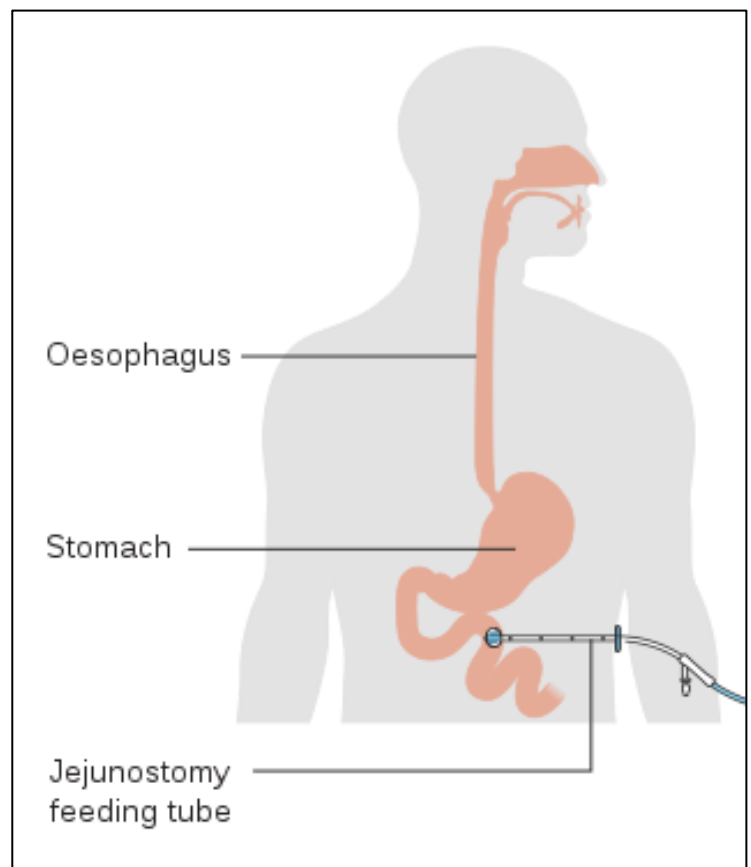
This leaflet will try to answer some of your questions. Your Nutrition Nurse or Specialist Dietitian will be happy to talk about this further, and answer any questions you may have.

What is a JEJ feeding tube?

A JEJ feeding tube is a narrow flexible tube that is often inserted into your small intestine. You or your family member will need to have surgery to have the tube inserted. It is called a jejunostomy or JEJ tube because it is placed into a part of the small bowel called the jejunum (see picture 1).

What will my JEJ tube look like?

A JEJ tube is a narrow flexible tube with a soft silicone triangle that sits against the skin. The JEJ tube is tunneled under the skin or is stitched in to stop it falling out. There is a connector at the end of the tube to connect to the feeding equipment and syringes. The tube sits underneath your clothes.



Picture 1: Showing the position of the feeding tube in the digestive tract.

Why do I need to have a JEJ tube?

There are many reasons for why a JEJ tube is used. Patients may not be able to eat or drink enough to meet their nutritional needs. JEJ tube helps to give liquid feed and fluid directly into the body to help with this.

JEJ tube does not stop you from eating or drinking if you are safe to do so. Many people have a both nutrition and fluid by mouth and by the JEJ tube.

Are there any risks?

You may have pain, bleeding or blockage in the tube. Staff will talk to you about these risks before you consent to having your tube inserted.

What do I get given through the JEJ tube?

The Dietitian will give you a feeding plan that will meet your fluid and nutritional needs. A bag of liquid feed passes through the tube using a feeding pump. The feed is a milky yellow colour and is sterile and specially made for going down feeding tubes. Only specific feeds or sterile cooled-boiled water goes down these tubes. No other food or liquid is safe because of risk of infection or blockage. We can also give medicine through the JEJ tube. A Doctor or pharmacist will check your prescriptions to make sure that you have the correct medicines.

How long will I have my JEJ tube for?

The length of time the tube stays in use depends on how well you get on with eating and drinking. Every patient is different.

The JEJ tube will stay in place for at least 6 weeks. It does not matter if it is not being used for nutrition or fluid.

Depending on how the tube was put in place, the JEJ tube can be taken out in clinic without needing a surgery. Some patients may need surgery to take it out.

Will I be taught how to use and look after my JEJ tube?

Your dietitian in the hospital will refer you to the community Home Enteral Nutrition Service (HENS). This team look after patients with feeding tubes in the community.

Before you leave hospital, someone from the HENS team will sit down with you and any relatives/friends if you wish and teach you how to care for your tube and use all of the equipment.

The HENS will monitor your feeding plan and make sure that you have all of the feed and equipment that you need.

Will I need to rotate my JEJ tube?

Do not rotate JEJ tubes. This is because of the way they are secured to your body.

How do I keep my JEJ tube clean?

You will be shown how to flush the tube with sterile cooled-boiled water before, in between and after every feed or medicine.

For the first 10 days, you will need to clean the skin around your tube gently using clean water with no soap. Use dry wipes or gauze to do this. After 10 days, you can use mild soapy water to clean the skin. Do not use cotton wool as this breaks up.

How do I wash with my JEJ tube?

You should have a shower to clean yourself. Keep the tube out of the direct flow of the water. We recommend that you do not submerge your tube in water for the first few months. This means you must not take a bath for the first few months. If you only have access to a bath, make sure the water is shallow.

What if my JEJ tube gets blocked?

You should try to flush the tube with warm cooled-boiled water with a syringe to loosen any blockages. Flush using a gentle plunge-pull technique to create some pressure. You could also try wrapping a warm flannel around the length of the tube or gently massaging the tube to see if this will loosen any blockages.

If this does not work, you should ask for advice by calling the contact numbers at the ends of this leaflet.

How will I know that my JEJ tube is in the correct place?

Your tube should always be the same length. If it suddenly looks longer, you should **not** use it. Call for help using the contact numbers on the last page of this leaflet right away.

There are small numbers along the tube which you will check to make sure the number is in the same place before using the JEJ. Some people find it helpful to use a tape measure to check the length before using the tube.

What if my JEJ tube falls out?

Do not try to insert the tube again or use anything else to keep it open.

You will need to call for help right away by using the contact numbers below.

When to get medical help / advice in the first 72 hours (3 days) after your tube inserted:

- leaks of fluid around the tube,
- pain on feeding,
- new bleeding,
- smell of poo around the tube,



Stop feed right away.

Go to the Emergency Department for an urgent review.

Where to get advice after 72 hours (3 days) after tube insertion:

During working hours:

Home Enteral Nutrition Service (HENS) Leicestershire: **0116 222 7161**

Home Enteral Nutrition Service (HENS) Kettering: **01536 492363**

Home Enteral Nutrition Service (HENS) Northampton: **01604 745036**

University Hospitals of Leicester Nutrition Nurses, Leicester Royal Infirmary: **0116 258 6988**

University Hospitals of Leicester Specialist Dietitian: **0116 258 5400**

Outside working hours:

Contact your GP, if your surgery is closed there will be a number to contact on the answer machine of the surgery.

Health information and support is available at www.nhs.uk or call 111 for non-emergency medical advice

Visit www.uhleicester.nhs.uk for maps and information about visiting Leicester's Hospitals.

To give feedback about this information sheet, contact uhl-tr.informationforpatientsmailbox@nhs.net

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣکاری ਕਿਸے دوسرے زبان میں چاہتے ہو، تو 'کریما' کر کے دے 'دیں' گئے 'نمبر' 'ਤੇ 'ٹیلی فون' کر کے۔
إذا كنت ترغب في الحصول على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો.

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email uhl-tr.equalitymailbox@nhs.net

We are a research hospital and you may be asked to take part in research