

Going home with a PEG feeding tube (for children living in Leicestershire and Rutland)

Nutrition and Dietetic Service

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Information for Patients and Parents

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Introduction

Tube feeding (also called enteral nutrition) is a way of giving liquid food directly to the stomach or small intestine. This leaflet explains what you can expect when your child is being discharged from hospital. Your child will be discharged with a percutaneous endoscopic gastrostomy (PEG). A PEG feeding tube lets your child be fed directly into their stomach. We can also give fluids and medicines this way.

We use PEG when longer term tube feeding is needed.

Dietitian follow-up after you go home

If your child was not tube fed before coming into hospital, they will be referred to the Leicestershire Home Enteral Nutrition Service (also known as HENS). The HENS team look after children at home who are being tube fed. They are part of Leicestershire Partnership NHS Trust (LPT).

Your hospital dietitian will give you a feeding plan before discharge. When your child is discharged home, a member of the HENS team will arrange to see your child at home. This is often within 5 working days of discharge.

If your child is already known to HENS, your home enteral feeding dietitian will arrange to review your child when they are next planned to be seen. They may want to review your child sooner if there have been any changes to your child's feeding plan.

Within the first 5 days after a PEG feeding tube insertion:

If there are leaks or fluid around the tube, or pain on feeding, stop feeding right away and go to the Children's Emergency Department for urgent review.

**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

What equipment might be needed?

How often should I change/ clean the equipment?

Below shows some of the equipment your child might need. It tells you how often it will need to be changed or cleaned. Your child may not need all of the equipment below.



ENFit syringes:

Clean the syringes with warm soapy water. Rinse between **each use**. They will also need to be **sterilised** between **each use** if your child is under 6 months old or if they have problems.



ENFit feeding tubes:

PEG tubes are not regularly changed. These are replaced and supplied in hospital. Your surgical team will talk about this with you. They will arrange how often the tube will need replacing. This depends on the manufacturers advice.



Flocare pump:

If your child needs a pump, your HENS team will supply this for home. We will train you on how to use the pump before your child leaves hospital. The pump will need to be checked (serviced) sometimes. The service date is on the side of the pump.



Flocare Infinity Pack Giving Set (if you are using a pump):

This giving set connects to the feed packs and OpTri bottles. These only need to be **changed every 24 hours**, or every feed if using Carobel/ Gaviscon.

What to expect from Nutricia Homeward

Nutricia Homeward is a company that can deliver feed and enteral feeding equipment to you at home.

You will need to consent to this first. The HENS dietitian will register you for the delivery of items you need. Nutricia Homeward make deliveries every 28 days. If you choose to have your child's feed delivered by Nutricia Homeward, the dietitian will request a prescription from your child's GP. Nutricia Homeward will need this to dispense the items. Your HENS team will explain to you how much equipment and feed you will get in your order.



Monitoring

Your child's HENS dietitian will monitor the feeding plan. They will talk to you about any changes that might be needed at home. You can contact them if you have any concerns about your child's feeding plan.

Contact details

Leicestershire Home Enteral Nutrition Service (HENS): **0116 222 7161**
(you may need to leave a message and someone will return your call)

Your ward dietitian is: -----

Leicester's Hospitals Nutrition and Dietetic Service: **0116 258 5400**
0116 258 5095

You should be given the following before discharge, to allow feeding while you wait for your delivery:	Tick ✓
7 days (10 days if bank holiday) supply of feed (unless standard infant formula/ expressed breast milk)	
7 days (10 days if bank holiday) supply of ENFit syringes (60ml if gravity feeding)	
7 days (10 days if bank holiday) supply of Flocare Infinity Pack sets for feeding by pump (the above is dependent on how your child's feed is given)	
Feeding plan (and recipe if powdered feed) from the ward dietitian	

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।
Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

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