

Having a PEG feeding tube fitted (adults)

Nutrition and Dietetic Service

Information for Patients

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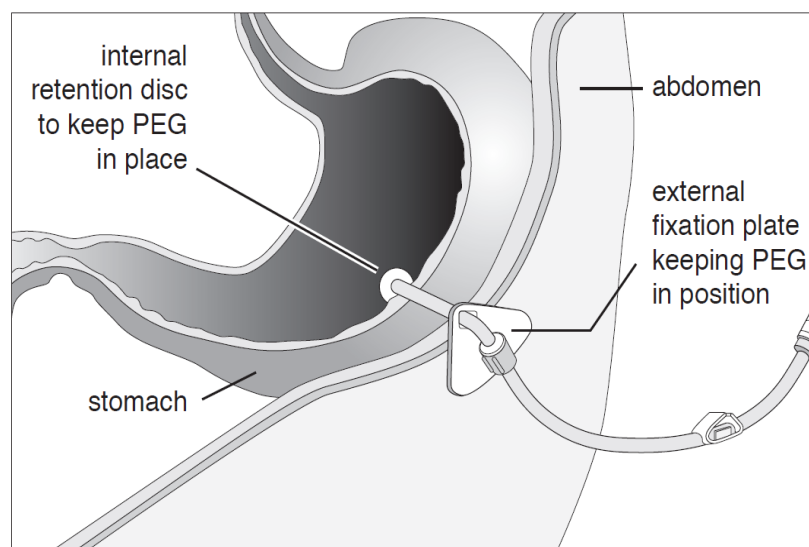
Introduction

This leaflet has been given to you because a PEG (Percutaneous Endoscopic Gastrostomy) is being considered for you or a member of your family. It should give you a better understanding of what a PEG is and the benefits and risks of having a PEG.

Your nurse, specialist dietitian or the nurse from the Endoscopy unit will be happy to discuss this further, and answer any questions you may have.

What is a PEG?

A PEG is a narrow tube that is put into your stomach to let liquid feed, fluid and medications go directly into the stomach. This is if you are failing to get enough food or fluid by mouth (see picture below).



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

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

Why do I need the PEG?

There are many medical reasons why you may need a PEG tube.

These may result in you

- being unable to eat or drink enough to meet your nutritional needs
- or having difficulty swallowing food, fluid or medications.

During your pre assessment appointment, your nutrition nurse or specialist dietitian will talk about the details that apply to you.

What are the benefits of a PEG?

- If there is a need, a PEG can be fitted before swallowing issues arise.
- If appropriate, you can eat and drink with a PEG in place.
- If you have trouble swallowing or if food goes in the "wrong way," a PEG can help you get food, drinks, and medications as it bypasses the throat.
- A PEG is discreet and can be hidden under your clothes.
- Once settled, you can continue most of your normal daily activities.
- If needed, a PEG can stay in place for a few years.
- PEG tubes are easily managed at home.

Risks and complications

A PEG is a routine procedure and major complications are rare, however, as with any procedure, there are risks as shown in the table below:

Risk	Plan to reduce risk
Peritonitis - an infection of the inner lining of the tummy (peritoneum)	Antibiotics given on procedure
Making a hole in the bowel	Experienced clinician using recognized techniques and safety measures
Bleeding	Checking blood before the procedure
Stomach (gastric) acid leakage	Keeping external bumper close to skin for 7 to 10 days
Breathing problems	Close monitoring during procedure

What happens to my medications?

- If you take any essential medicine please discuss this at least a week beforehand with the nurse or Dietitian at your pre assessment appointment.
- If you are taking any blood thinning medication such as rivaroxaban, clopidogrel, aspirin or warfarin, it is **very important** that you tell your doctor or contact the Endoscopy department as soon as possible as these may need to be stopped up to 7 days before your procedure.
- Once the PEG tube has been placed, liquid medications can be given by the tube if needed. Your pharmacist or doctor will be able to make sure you have the correct medication.

What happens on the day?

- You will be asked to have a blood test up to 7 days before the procedure, either at the hospital or at your GP practice.
- You should not eat or drink for 6 hours before the procedure.
- You will be told the date and time and which endoscopy unit to attend. This will be confirmed in a letter if you are an outpatient.
- On the day, the consultant will run through the PEG procedure with you. They will complete a consent form for you to sign.
- You **must** tell the doctor about any medications you are on or any allergies you may have.
- You will have a chance to ask any questions you may have.

PEG Procedure

- You will be able to have a friend or relative with you at this time.
- You will be taken to the endoscopy room and have a small tube (cannula) in the back of your hand.
- If needed, you will be given some sedation to help you feel relaxed.
- You will be asked to lie flat for 15 to 20 minutes whilst the procedure is done. If needed oxygen can be given during this time.
- The doctor will insert a small camera on the end of a long tube (endoscope) down into your stomach.
- When the Doctor has found a good place to position the tube he/she will give you an injection of local anaesthetic. This may sting at first but then the area will become numb.
- The PEG tube can then be pulled through and secured.

What happens after the procedure?

- Once you have recovered from any sedation, you will be able to return to your ward if you are staying at the hospital or travel home if you are an outpatient.
- If you are going home, you will need someone to come and collect you and take you home. You will also need someone to stay with you overnight. If this is not possible, please let the nurse or specialist dietitian know **as soon as possible** so an overnight bed can be organised within the hospital.
- When the tube is first placed, it can feel a little uncomfortable. This generally settles quite quickly and painkillers can be given in the meantime if needed.
- After the PEG tube is placed you cannot have any food, fluids or medicines for 4 hours. After this time you can use the tube for fluids, food or medication, as advised by your doctor, dietitian or nutrition nurse.

Frequently asked questions

What happens when I go home with the PEG?

- The dietitian from your local Home Enteral Nutrition Service (HENS) will assess your nutritional needs, discuss your feeding plan with you and check your progress.
- The method of giving the feed will be adapted to suit your lifestyle. The dietitian will talk about all the details of feeding and caring for your tube at home.
- The dietitian will make sure you are confident to manage your feed at home. We will make plans for you to get regular supplies of the feed and tools you need.

Will I be able to eat after the PEG is inserted?

- If you are able to swallow safely then the PEG tube itself does not prevent you from eating. Many people have a combination of food and drink by mouth and feeding via the PEG tube.
- If you are not able to swallow safely due to your medical condition, you can eat and drink through your tube. Your Speech and Language therapist will check this for you if there is any doubt.

When can I have a bath?

- For the first week you should not immerse the tube site in water. It may be sensible to have showers or shallow baths.
- In about 2 weeks the area around the PEG tube should have healed fully. You should be able to bathe as normal without any problems.
- Should you wish to swim, please ask for the waterproof dressings from your district nurse or GP surgery.

How long will the tube last?

This varies from patient to patient and depends on how well the tube is looked after. You will have regular contact with the HENs and they will let you know if the tube needs to be changed.

When to get medical help/advice in the immediate 72 hours after your tube insertion

- If there are leaks of fluid around the tube
- Or pain on feeding
- Or new bleeding
- Stop feed immediately



Go to the Emergency Department for an urgent review

Where to get advice after 72 hours following tube insertion

Inside normal working hours:

Home Enteral Nutrition Service (HENs): 0116 222 7161

If HENS are not able to help they may suggest you contact the nutrition nurses or your dietitian.

- UHL nutrition nurses: 0116 258 6988
- UHL specialist dietitian: 0116 258 5400

Outside normal working hours: Contact your GP.

If your surgery is closed there will be a number to contact on the answer machine of the surgery.



Notes

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More Information

<http://www.pinnt.com/>

This site is for all nutrition patients and their carers as well as healthcare professionals.

www.lnds.nhs.uk

More details on the home enteral nutrition service can be found on the website of the Leicestershire nutrition and dietetic service.

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 equality@uhl-tr.nhs.uk



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