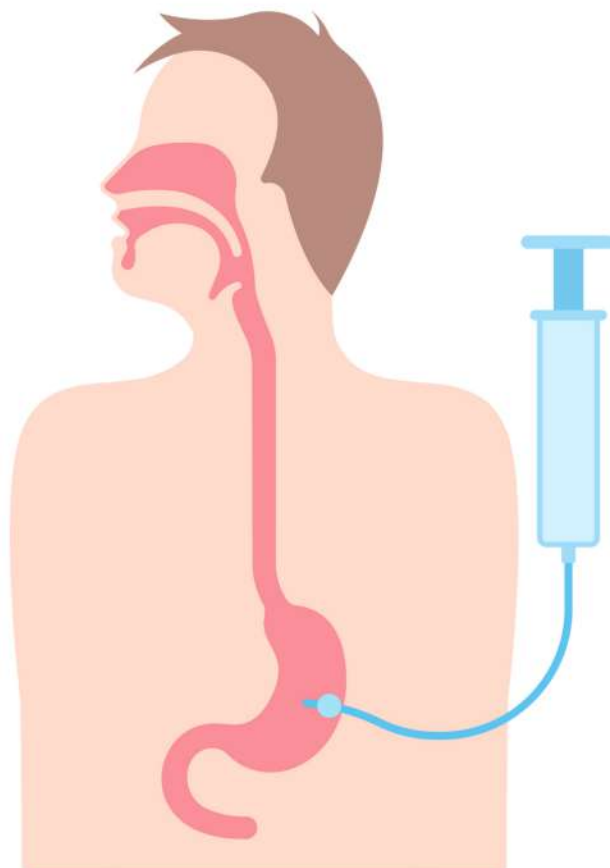


# Percutaneous Endoscopic Gastrostomy (PEG)

## What is PEG?

PEG (Percutaneous Endoscopic Gastrostomy) allows the feeding of nutrition, fluids and/or medication directly into the stomach by passing a thin tube through the abdomen.

A PEG is suitable for people who require nutritional support over a longer period of time. It is often used for patients who are experiencing swallowing difficulties due to illness or medical treatment.



### **You may need a feeding tube if:**

- You are unable to eat sufficient food to keep up your weight and body strength.
- You are or will be having treatments such as chemotherapy or radiation that can make chewing and swallowing hard.
- Food cannot pass through to your stomach due to a blockage.
- You have had surgery that makes it hard to eat.
- You cannot digest food in your stomach, so food must be given directly into your small bowel.
- You have had problems absorbing food, such as a diagnosis of Crohn's disease.
- You have a high risk of choking when eating or drinking.

### **Before the feeding tube insertion:**

Your specialist will talk with you about the procedure. They will take your medical history, do a physical exam and review drug allergies. Be sure to tell your specialist about any stomach surgeries you have had. They will also inform you about the risks of having this procedure and you will be asked to sign a consent form.

This will be a good time to ask questions about whether you should proceed with your current medications, and what will happen after the surgery.



## Preparation for the tube insertion:

- Your stomach must be empty for the procedure.
- Do not eat or drink after midnight before the procedure.
- You may be allowed to drink a small amount of plain water after midnight according to your doctor or nurse's instruction.
- Take the medicines instructed by your doctor with sips of water only.
- Do not wear any jewellery or bring any valuables to the hospital.
- Do not use any perfumed or scented products such as hairspray or scented deodorant.



## PEG feeding tube insertion:

You will be given sedation to help you relax during the procedure. An endoscope is then passed through the mouth and into the stomach. This is a thin black tube containing a camera and a bright light. A PEG feeding tube will then be passed into the stomach through a small opening on the wall of the abdomen.



PEG tube insertion usually takes 20-30 minutes. For a few hours after the procedure you will probably feel drowsy and may have a sore throat where the endoscope has passed through.

## Risks and complications:

Although the procedure is relatively safe, there are risks involved in passing the endoscope and in making a hole in the stomach.

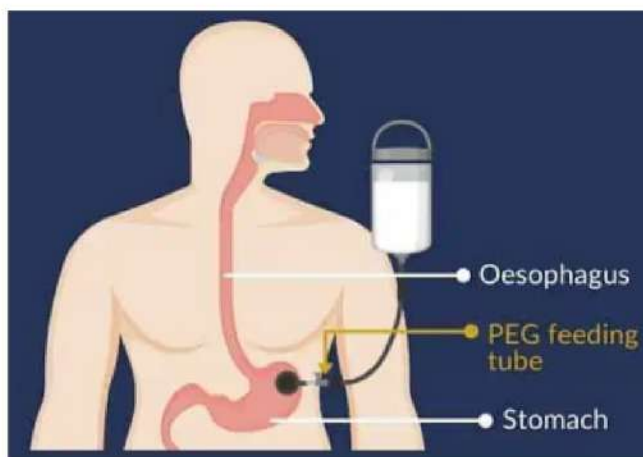
Complications may include:

- Hypoxia
- Aspiration
- Bleeding
- Displacement of PEG tube
- Skin and wound infection
- Bowel perforation (a hole in the bowel)
- Peritonitis (inflammation or infection inside the abdomen)
- For malignancy cases, seeding of oro-pharyngeal tumor cells into abdominal wall

## How will I be fed?

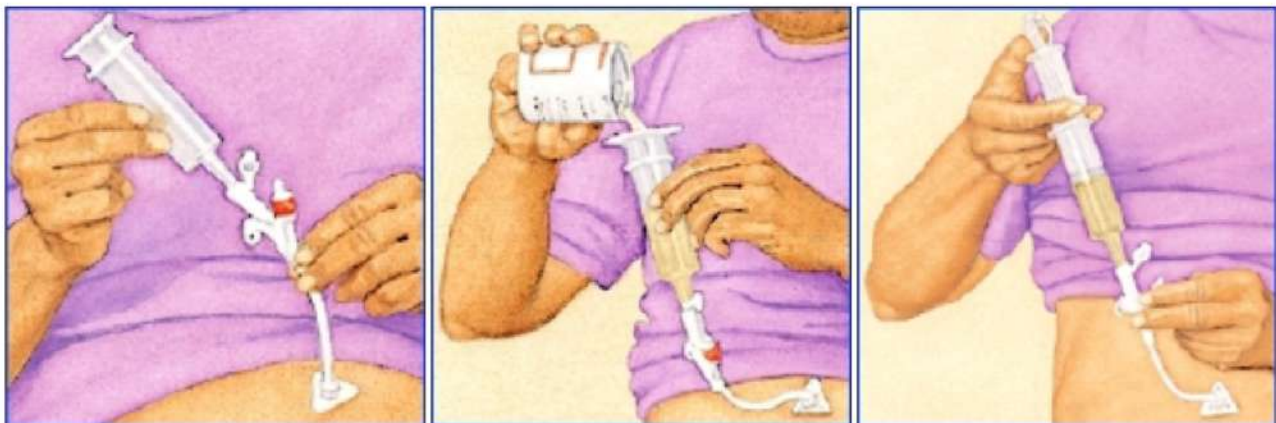
You will usually begin feeding via the PEG 4 hours after the PEG insertion. Feed can be given directly (bolus) using a syringe several times a day or via bags of liquid feed attached to a feeding pump.

The nurse or dietitian will work with you to ensure the feeding regime fits into your lifestyle. Always wash hands thoroughly with soap and water before preparing formula.



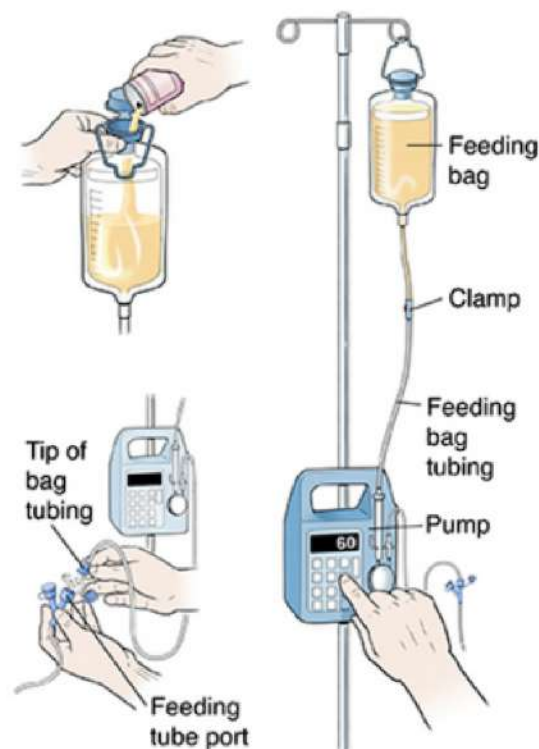
## Bolus Method

1. Sit patient up or lift the bed up to at least a 30-45° angle.
2. Pinch feeding tube and remove the stopper. Attach 50ml catheter-tip syringe to feeding tube.
3. Flush the tube with 20mls of water before feeding to check for patency and any leakage from the insertion site.
4. Pour formula into the syringe and let it flow slowly. Keep syringe above forehead level.
5. Flush feeding tube with 30-50mls of water after feeding, to prevent clogging.
6. Remove syringe while pinching tube.
7. Apply cap (stopper) and release pinch.
8. Sit or lift up the bed to at least 30-45° angle for at least 30min after feeding.



## Continuous Method using Feeding Pump

1. Insert the tip of the feeding pump set into the feeding adapter lumen.
2. Check that the tubing is connected properly. Open the clamp on the pump tubing.
3. Set the rate prescribed by doctor or dietitian.
4. Do not allow the entire formula to empty before adding water.
5. This is to prevent air from entering the stomach, which can cause discomfort.
6. Clamp the pump tubing when the feeding bag is almost empty.
7. Add the prescribed amount of water to the feeding bag.
8. Open the tubing clamp and let it run at the prescribed flow rate.
9. When feeding is complete, clamp the pump tubing and disconnect it from the feeding adapter
10. Turn-off feeding pump.



## How do I clear a clogged PEG Tube?

- Flush the tube using the feeding syringe with 30ml of warm water.
- Try drawing back (aspirating) with the feeding syringe.
- Gently rock the syringe back and forth to dislodge the blockage.
- Milking of the gastrostomy tube may aid in unclogging.
- Seek help from your doctor or healthcare provider if you are unable to unclog the tube.



## Care of the PEG Tube:

- Always wash hands with soap and water before handling your PEG tube.
- Clean the site with mild soap and water daily and allow it to air dry.
- Use a cotton swab or small piece of gauze to clean the tube in a circular motion from the stoma site outward.
- Secure the tube on the abdomen with tape.
- Check for signs of discharge from the insertion site, unusual swelling, or redness.
- Contact your physician or healthcare provider if any of these symptoms are observed.

## What should I do if the PEG Tube slips out?

- Cover the abdomen opening with gauze or an absorbent cloth.
- Contact your doctor or healthcare provider to arrange for reinsertion of the tube.

## Will I be able to bathe or shower?

For the first two weeks after the tube is fitted, it is advisable to only shower or wash. After that period, it is perfectly acceptable to have a bath, making sure to close the tube beforehand and to carefully dry the tube and exit site afterwards.



## Can I go swimming?

Yes, but as with bathing, it is not advised for the first two weeks after fitting.



Please do not hesitate to consult your healthcare providers if you have any concerns or enquiries.

Contributed by Nursing

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