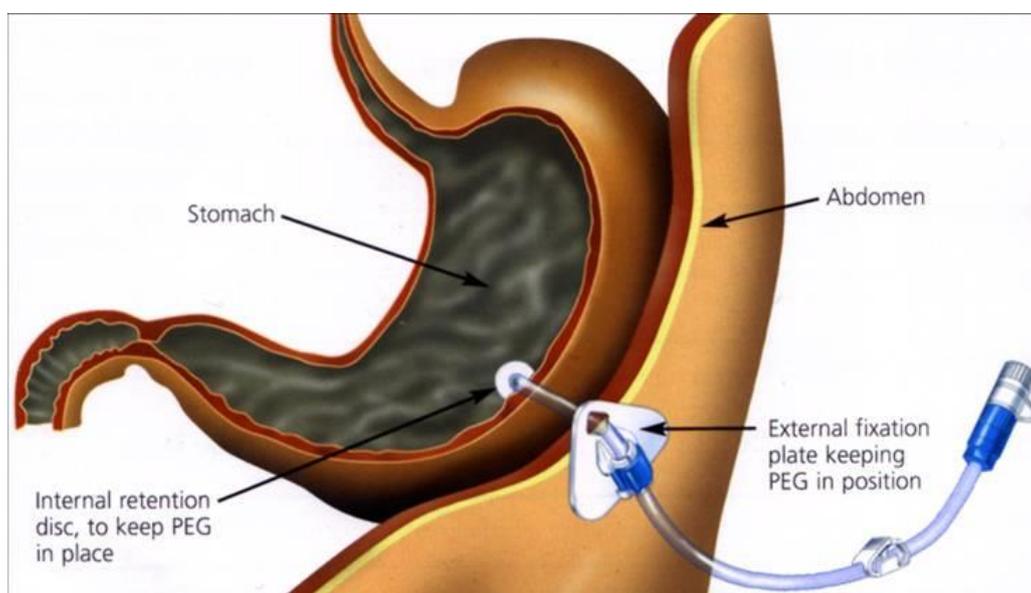


Percutaneous Endoscopic Gastroscopy (PEG)
Information for patients and carers pre and post insertion
Endoscopy / Nutrition & Dietetic Department

This leaflet tells you about having a PEG tube inserted, what it involves and the steps you need to take beforehand and after insertion.

What is a Percutaneous Endoscopic Gastroscopy (PEG) Tube?

A Percutaneous Endoscopic Gastroscopy (PEG) tube is a narrow tube inserted into your stomach through your skin. A gastrostomy is a surgically made stoma ('hole') through the skin to the stomach which the PEG tube goes through and Endoscopic means it is inserted under endoscopy guidance – a small camera passed down your gullet. A PEG tube allows specially formulated liquid feed, medication and water to be given directly into your stomach. The tube is held in place by a small round bumper inside your stomach.



Why do I need a PEG tube?

There are number of reasons why you may require an PEG tube, however if you are unable to, or have an unsafe swallow resulting in not being able to eat enough food or fluid by mouth to meet your nutrition or hydration requirements you may need to have a PEG tube inserted.

Who has made the decision?

The consultant / GP/ dietitian in charge of your case, and the gastroenterologist inserting the PEG tube will have discussed the situation and feel that this is the best treatment option. However, after discussion with your doctors, you do not want the procedure carried out, you can decide against it.

Who will be inserting the PEG tube?

A specially trained doctor called a gastroenterologist, and an assistant, either a specially trained nurse or gastroenterology registrar.

Where will the procedure take place?

In the endoscopy department within the Day Treatment Unit at Peterborough City Hospital or Endoscopy Department at Hinchingsbrooke.

What do I have to do before the examination?

Before the insertion of a PEG tube you will need to have a blood test, this will be taken when you visit the hospital for your pre-admission tests or in the endoscopy department after you have been admitted.

You should have **nothing to eat or drink** for at least 6 hours prior to the tube insertion.

You will also be required to sign a **consent form** giving the gastroenterologist permission to perform the procedure; this will be done after the doctor / nurse specialist has explained the procedure to you.

What do I do with my valuables/property?

You should not bring anything of value with you into hospital. If you do so you must be aware that it is at your own risk, the Trust cannot accept responsibility for loss or damage to property of elective patients.

What actually happens during an insertion of a PEG tube?

Pre insertion

You will be admitted to hospital on the day of the procedure, on admission you will

- Have routine blood tests if required
- Have your blood pressure, pulse and temperature recorded prior to the procedure
- You will have a small tube (venflon) placed into one of your veins in your hand or arm to allow administration of medication or fluid
- You will not be able to eat or drink for 6 hours prior to the PEG insertion
- You will be given antibiotics to prevent any infection

During the procedure

The procedure is performed under sedation and local anaesthetic. This is not a general anaesthetic, however the sedation will help you to relax and make you feel drowsy during the procedure, local anaesthetic will numb the skin where the tube comes out of the stomach.

A gastroscope (a flexible instrument used to examine the inside of your stomach) is passed along your gullet. This will allow the doctor to see the correct site on your stomach to place the tube.

The whole procedure will take between 30 to 60 minutes.

Will it hurt?

Some discomfort may be felt in the skin and deeper tissues during injection of the local anaesthetic. After this, the procedure should not be painful. There will be a nurse, or another member of clinical staff, standing next to you and looking after you.

How long will it take?

Every patient's situation is different, and it is not always easy to predict how complex or how straightforward the procedure will be. Generally, the procedure will last approximately 30-60 minutes as a guide.

What happens afterwards?

You will be taken back to your bed on a trolley. Nurses in the endoscopy recovery ward will carry out routine observations, such as taking your pulse and blood pressure, to make sure that there are no problems. They will also look at the skin stoma and tube to make sure there is no bleeding from it. You will generally stay in hospital for the day or you may be booked as an overnight case. If you are a day case you will just need a few hours bed rest (minimum of 4 hours) before you go home. You must follow the instructions given by the nurses on the ward. There is a chance you could be kept in hospital overnight, so please bring an overnight bag with you just in case.

Are there any risks or complications?

There are some risks and complications that can arise during and following PEG tube insertion, your medical team will always weigh the risks against the benefits prior to undertaking the PEG insertion. One main problem may be not being able to get the tube into your stomach.

There is also risk of infection around the puncture hole 'stoma' this is normally easily treated with antibiotics.

There is also a small risk of stoma site bleeding, internal bleeding and puncturing the bowel during the procedure. You will be closely monitored after the procedure by the nursing and medical team.

When will I be able to use the tube?

You will be able to flush the tube with sterile water after 4 hours following the PEG tube insertion then progress further fluid and food at the advice of your dietitian. However in the event of any one of the symptoms within the first **72 hours** of PEG tube insertion:

- Pain on feeding or medication administration
- Significant pain or distress after the procedure
- Leaks of fluid around the stoma
- New bleeding

The following action must be taken.

You must **stop** feeding / flushing immediately, if you are in hospital you will be seen by the medical team.

However if you are at home you must seek urgent medical attention –

Peterborough City hospital

Telephone the Endoscopy Unit 01733 678920 Mon –Fri 08.00 – 17.00 Hrs. or Nutrition and Hydration Specialist Nurse Mon – Fri 08:00 – 16:00 01733 673333 bleep 1095. If unable to contact the Endoscopy Unit or the Nutrition and Hydration Specialist nurse or outside of these hours telephone 01733 678920 and ask for the accident and emergency department. **Messages must not be left on a telephone answering machine.**



Hinchingsbrooke hospital

Telephone the Endoscopy Unit 01480 428983 or 416416 and ask for endoscopy, Mon –Fri 08.00 – 17.00 or Nutrition and Hydration Specialist Nurse Mon – Fri 08:00 – 16:00 01480 416416 bleep 1346. If unable to contact the Endoscopy Unit or the Nutrition and Hydration Specialist nurse or outside of these hours telephone 01480 416416 and ask for the accident and emergency department. **Messages must not be left on a telephone answering machine.**

How long will I need the PEG for?

The reason for the insertion of the PEG tube will determine the length of time you may need to have it. Your dietitian / doctor will discuss this with you when you see them to discuss its insertion.

What happens if the PEG tube falls out?

Remain calm, contact the Nutricia home care nurse 08457623632 immediately, Mon – Fri 08:30 - 16:30, and outside of this time return to the Accident and Emergency Department at Peterborough City Hospital or Hinchingsbrooke Hospital.

How do I clean the skin around my PEG?

For the first week

- Remove the dressing the day after the tube is inserted; this will no longer be required.
- Clean the tube site daily with cool boiled water and soap, use the gauze provided to do this. Ensure that the area is pat dried well do not apply creams or talcum powder to the stoma area.
- You are able to shower 48 hours after insertion, however do not over soak or totally submerge the stoma site until after six weeks of insertion.

After the first week and ongoing

- Do not cover the stoma site or apply a dressing. If you are concerned about any discharge contact your Nutricia nurse 08457623632 or hospital Nutrition and Hydration specialist nurse see contact numbers for each hospital below.
- Clean the stoma site daily with water and soap. Pat dry the skin. Do not apply creams or talcum powder to the stoma site area.
- You can bath after six weeks after PEG tube insertion; ensure the stoma is pat dried well.

What should I do if the tube becomes blocked?

Flush the tube with warm water using a syringe gently push and pull back to try to remove sediment. If you are successful in unblocking the tube, flush the tube well with water.

However if you are unsuccessful:

- Wrap the tube in a warm cloth and attempt to flush the tube again, massage the tube between two fingers whilst holding the cloth on the tube.
- You can attempt to flush the tube with soda water, gently push and pull the syringe if successful flush the tube well with water after unblocking it.
- Contact your Nutricia nurse 08457623632 if you are unable to unblock the tube. If you are unable to contact them, contact your district nurse or hospital nutrition and hydration nurse specialist. See contact numbers below.

Contact details

Please find contact numbers below, you will be told on discharge if you are a Nutricia or Fresenius patient. This is the company who will deliver your feed and equipment that you need to feed at home. You will also be able to use the 24 hour helpline for that company. Please ensure that you ring the relevant numbers for the hospital that you had your PEG placed in.

Nutricia Patients	Fresenius patients
Nutricia 24 hour helpline / Nurse 08457623632	Fresenius 24 hour helpline / Nurse 01928 533533

Hospital / Community Contact details

Peterborough City Hospital	Hinchingbrooke Hospital
Nutrition & Hydration Nurse Specialist 01733 673333 bleep 1095	Nutrition & Hydration Nurse Specialist 01480 416416 bleep 1346
Endoscopy Unit 01733 673944 / 01733 673945	Endoscopy Unit 01480 416416 ask for endoscopy/01480 428983
Hospital Dietitian 01733 673674	Hospital Dietitian 01480 847476