

## Percutaneous Endoscopic Gastrostomy (PEG) tube

### Basic care guide

A PEG tube is a tube inserted surgically into the stomach through the abdomen.

### Care of your PEG tube and skin

- Use a clean cloth and tap water to wash around your PEG tube. Clean the skin insertion site and under the plastic flange at least three times per day.
- Start with cleaning as part of your daily shower routine. Some people may need to clean under the plastic disc more frequently.
- Rotate (turn) the tube completely each day.
- Do not put dressings under the flange unless **instructed** to.
- Hang the feeding ports in an upright position.
- The insertion site can be tender at times. If you are concerned discuss this with a health professional.
- It is normal for your PEG tube insertion site to be red, crusty and moist.
- If you are using your PEG tube for feeding, then you need to take care of your mouth, by cleaning your teeth/dentures and using a mouth rinse and lip balm.
- **Flush your tube twice a day with 50ml of tap water, when you are not using it for feeding.**

### If your PEG accidentally falls out

If your PEG accidentally falls out during office hours, please call Stomal Therapy immediately. If it occurs after hours, please come to the emergency department straight away and if you have a spare tube, please bring it with you.

### Discharge from hospital

If you have any concerns regarding your PEG tube or its care, please contact the Stomal Therapy Office, Monday – Friday, 8am – 4.30pm on **4215 1413**.

If the office is unattended, please leave a message and a Stomal Therapy nurse will return your call.

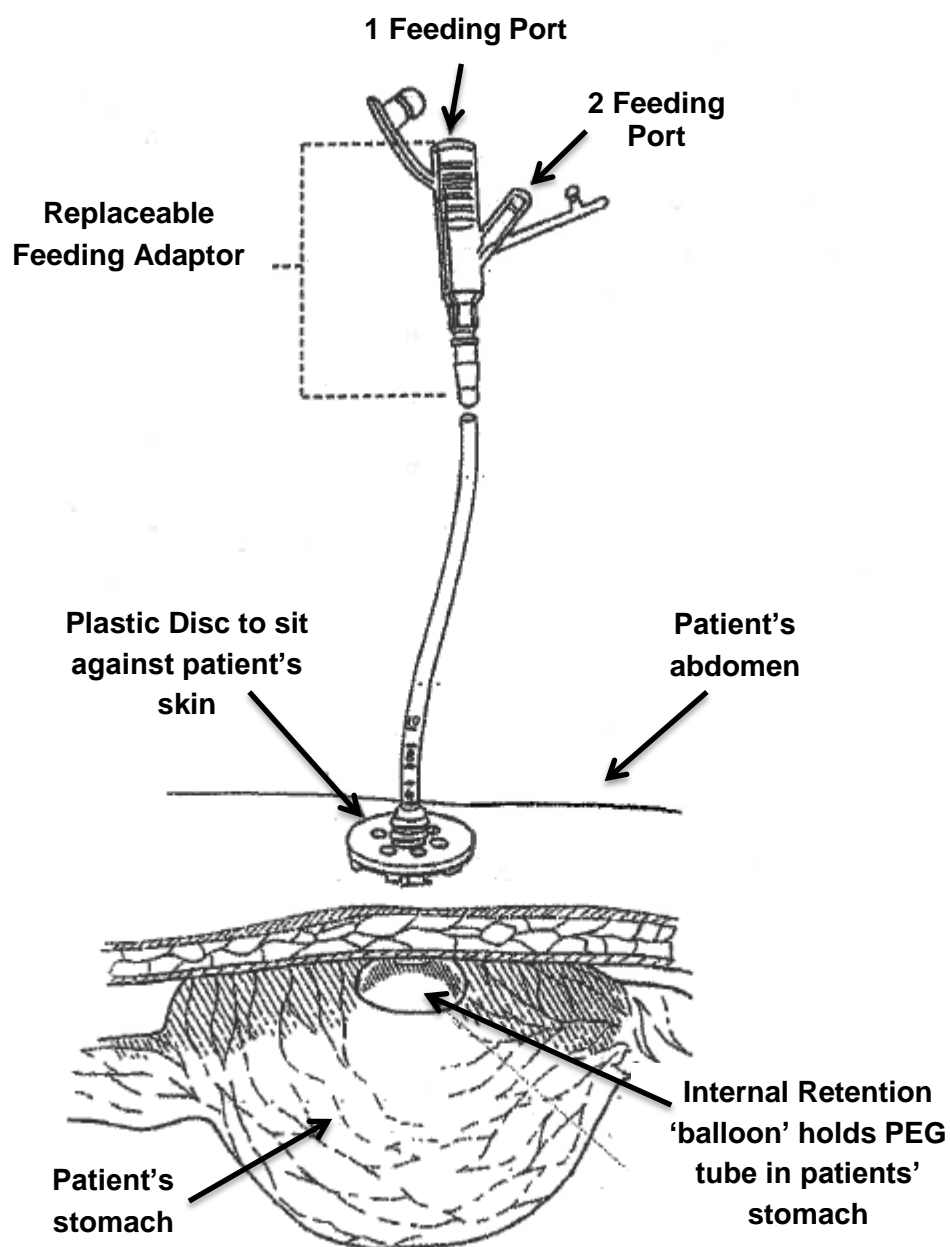
### Monthly PEG clinics

An appointment letter will be sent to you for PEG clinic following discharge. It is important that you attend your PEG clinic appointment after discharge even if you are not having any problems.

The PEG clinic is staffed by Stomal Therapy Nurses, Dieticians and a Speech Therapist.



## Diagram of a PEG tube



This flyer has been developed by the Stomal Therapy Department at University Hospital Geelong, 2015.

*Image adapted from Kimberly-Clark MIC Gastrostomy Feeding Tubes patient information booklet*

