



Gloucestershire Hospitals
NHS Foundation Trust

Discharge advice following a gastrostomy tube removal

Introduction

This leaflet gives you information about the care following the removal of your feeding tube.

Your feeding tube has now been removed by traction and the stoma site (the hole the tube has come out of) should heal up quickly, usually within 24 hours.

Some feeding tubes require endoscopic removal; this would be done under sedation.

Cut and push method

This means you do not need a gastroscope to remove the PEG and is the procedure of choice and suitable for most people.

No anaesthetic spray or sedation is required. The PEG will be cut close to the skin and internal flange pushed well into your stomach. The flange will be passed when your bowels are opened (may take up to a few weeks but should not alter your normal bowel habit).

Sedation

The medications used for sedation can remain in the body for at least 24 hours, gradually wearing off. It is therefore very important that a capable adult is available to take you home and stay with you for the next 24 hours.

It is also important that for the next 24 hours you follow the advice below:

- You should not drive or ride a bicycle as your reflexes and judgement will be impaired.
- Sedation can make you unsteady on your feet. Please be careful on stairs and have someone with you if you feel unsteady.
- Your judgement may be affected so do not make any important decisions or sign any legal documents.
- Be careful if using social media.
- You should not return to work, look after dependants, cook or operate machinery.
- You should not drink any alcohol or take sleeping tablets.
- You may take a shower straight away however, we advise that you wait 24 hours before taking a bath.

When can I eat and drink?

You **must not** have anything to eat or drink for 4 hours after your feeding tube has been removed. This will allow time for the stoma site to close and begin to heal.

Once the 4 hours have passed, please try fluids first. If there is no leaking from the stoma site then move onto a normal diet.

After the procedure

- A gauze pad will cover the stoma site where the feeding tube has been removed. Keep the area clean and dry until you remove the gauze pad 24 hours after the feeding tube has been removed.

- You should check the stoma site regularly watching out for any redness, swelling, inflammation, tenderness or an unpleasant odour as these are signs of infection. If you notice any of these signs, please contact your GP for advice.

Contact information

If you have any concerns or questions please contact:

Endoscopy Unit

Gloucestershire Royal Hospital

Tel: 0300 422 8222

Monday to Friday, 8:00am to 6:00pm

Cheltenham General Hospital

Tel: 0300 422 3593

Monday to Friday, 8:00am to 6:00pm

Enteral Nutrition Nurse Specialists

Tel: 0300 422 5645

Monday to Friday, 8:30am to 4:30pm

Outside of these hours please contact your GP or NHS 111 for advice.

NHS 111

Tel: 111

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Feedback

To help the Endoscopy Department understand what is important to you and how we can improve our service, we would appreciate if you would take the time to complete a feedback survey.

All responses will be anonymous and any information provided will be used sensitively and stored securely.

To access the survey, please use the QR code below or type the 'case sensitive' link into your internet browser.



<https://bit.ly/3MHOXIG>

Shared Decision Making

If you are asked to make a choice, you may have lots of questions that you want to ask. You may also want to talk over your options with your family or friends. It can help to write a list of the questions you want answered and take it to your appointment.

Ask 3 Questions

To begin with, try to make sure you get the answers to three key questions if you asked to make a choice about your healthcare.

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?



These resources have been adapted with kind permission from the MAGIC Programme, supported by the Health Foundation.

*Ask 3 Questions is based on Shepherd HL, et al. Three questions that patients can ask to improve the quality of information physicians give about treatment options: A cross-over trial.

Patient Education and Counselling, 2011;84: 379-85



<https://aqua.nhs.uk/resources/shared-decision-making-case-studies/>



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