

**Patient
Information**

Aftercare following insertion of a PEG feeding tube

Introduction

This leaflet gives you advice on how to care for your PEG feeding tube and the stoma site during and after the healing process.

Care of your stoma site

It is important to keep your stoma site clean during and after healing. Please follow the advice below:

- Observe the stoma site daily.
- For the first 7 days the stoma site must be cleaned daily using sterile gauze and sterile saline then dried thoroughly. Do not apply a dressing to the stoma site.
- It is usual for the stoma site to appear red and swollen while it heals. It may also ooze some serous fluid (body fluids looking like a serum, usually pale yellow or transparent).
- If the stoma site starts to feel painful and there is pus forming in or around the stoma site, this could be a sign of infection. If you notice this please contact the nutrition nurse specialists for advice.
- After 7 days (or once stoma has healed) mild soapy water can be used for daily cleaning of the stoma site.
- The stoma site must not be immersed in water until it is fully healed but you may still shower with care.
- After 7 to 14 days (once the stoma site has healed) you can take a bath, swim and attend hydrotherapy. An occlusive waterproof dressing may be used to cover, seal and protect the stoma site when swimming or attending hydrotherapy. A healed stoma site is one which is not red, painful or leaking.

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Department

Endoscopy

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Care of your PEG feeding tube

- You should flush the tube once a day with 60mls of tap water using the 60ml syringe that you were given when discharged.
- The fixation device should be positioned 2 to 3 mm from the skin. Do not move the fixation device for the first 14 days. If the fixation device is too tight please follow the advice below:
 - 1 to 7 days after insertion you should contact the Endoscopy Unit that inserted your PEG.
 - 7 days or more after insertion you should contact the nutrition nurse specialists on 0300 422 6338.
- Move the clamp on the PEG tube regularly to prevent damaging the tube.

Contact information

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 3370

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

Nutrition Nurse Specialists

Tel: 0300 422 6338

Monday to Friday, 8:00am to 4:00pm

Home Enteral Feeding Team

Tel: 0300 422 5645

Monday to Friday, 8:00am to 4:00pm

Email: ghn-tr.homeenteralfeedingteam@nhs.net

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