

**Patient
Information**

Discharge advice following a PEG or gastrostomy tube removal in an outpatients setting

Introduction

This leaflet gives you discharge advice 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 within 24 hours.

When can I eat and drink?

Do not eat or drink for at least 6 hours after having your PEG feeding tube removed. This allows time for the stoma site (hole) to close and begin to heal.

Aftercare

- A gauze pad will cover the stoma site where the feeding tube has been removed. Remove the gauze pad after 24 hours. Keep the site clean and dry until you remove the gauze pad.
- Take simple pain relief, such as paracetamol if the site feels uncomfortable or sore during the next 24 hours.
- Check the removal site for redness, swelling, inflammation, tenderness or an unpleasant odour (smell) 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 please contact one of the numbers listed below for advice:

Nutrition Nurse Specialists

Tel: 0300 422 6338

Monday to Friday, 9:00am to 4:00pm

Reference No.

GHP11680_09_21

Department

Dietetics

Review due

September 2024

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Endoscopy Department

Gloucestershire Royal Hospital

Tel: 0300 422 8222

Monday to Friday, 7:30am to 6:00pm

Cheltenham General Hospital

Tel: 0300 422 3593

Monday to Friday, 7:30am to 6:00pm

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

NHS 111

Tel: 111

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