

# Discharge Instructions: Peg Tube Instruction Sheet - GI

## What To Expect

Today your doctor placed a PEG tube. The PEG (Percutaneous Endoscopic Gastrostomy) tube is a flexible feeding tube that is placed through the abdominal wall and into the stomach. It is secured by an inflated balloon or internal rubber bumper. On the outside there may or may not be bumpers or buttons (also called T-fasteners). You may or may not have sutures holding the tube in place. As a result of this procedure, you may have:

- soreness at the insertion site
- blood on or around the dressing
- drowsiness
- pain

We will set you up with a home care agency to help you care for your new PEG tube at home. Tube feedings, if needed, will be delivered to your house.

## Wound Care

- Refer to the *Care of Your PEG Tube* instruction booklet.
- Always wash your hands with soap and water before taking care of your tube or feedings.
- Flush the PEG tube with 30 milliliters (ml) of tap water 2 times a day, or after each feed.

## Restrictions

- You may shower the day after surgery but do not soak incisions under water for 3 weeks. No soaking means no tub bathing, swimming, or hot tubs.
- Do not drive or drink alcohol for 24 hours.
- Do not drive or drink alcohol if you are taking opioid pain medication.
- Do not perform strenuous activity or lift anything heavier than 10 lbs. for 48 hours.

## Pain Control

It is important to get as much rest as possible, which will help with your recovery.

- For severe pain: We may provide you with an opioid pain medication. Take it as directed.
  - Opioid medications can make you constipated. To help prevent constipation, drink 2-3 quarts of fluid a day. You can also take stool softeners or laxatives.
  - Take this medication with food to decrease nausea.
- For less severe pain: You may take acetaminophen (Tylenol®). Follow the directions on the package.

## Diet

- Please refer to any specific feeding instructions given to you. Most people are instructed to begin with water on the evening their tube was placed. After 24 hours, they can begin regular tube feedings, as instructed.

## Call Us If...

- you have unusual redness and/or warmth around the tube site
- you have excessive bleeding at the insertion site that is saturating the dressing
- you have a fever of 101°F (38°C) or higher which persists longer than 24 hours
- your pain score is greater than 5 (on scale of 10) at the insertion site and pain is not relieved with medication
- you have unusual drainage that is thick, foul smelling or yellow/green in color
- your tube is plugged or falls out

If you have any questions or concerns, please call the GI Center at **716-845-4010**.

If you live a distance from Roswell Park or need immediate treatment, report immediately to the nearest hospital emergency room and notify your Roswell Park physician as soon as possible.

If you feel you are in a life-threatening situation, call **9-1-1** immediately.

## Follow Up Care

- A home care nurse will be at your house the day after procedure. They will teach you on how to use and care for your new PEG tube.
- If you have any questions for your home care agency, please contact them at:  
\_\_\_\_\_ (name and number)
- You should have been scheduled for a follow up appointment in the clinic that is usually done between 2 and 4 weeks. During that time, the doctor may remove the bumper/t-fasteners, if applicable.
- Since this appointment is very important, please contact the clinic if you do not have one scheduled or if you need to change the date and/or time.
- Driving restrictions will be lifted as long as no significant pain issues remain.