



Southport and
Ormskirk Hospital
NHS Trust

PATIENT INFORMATION

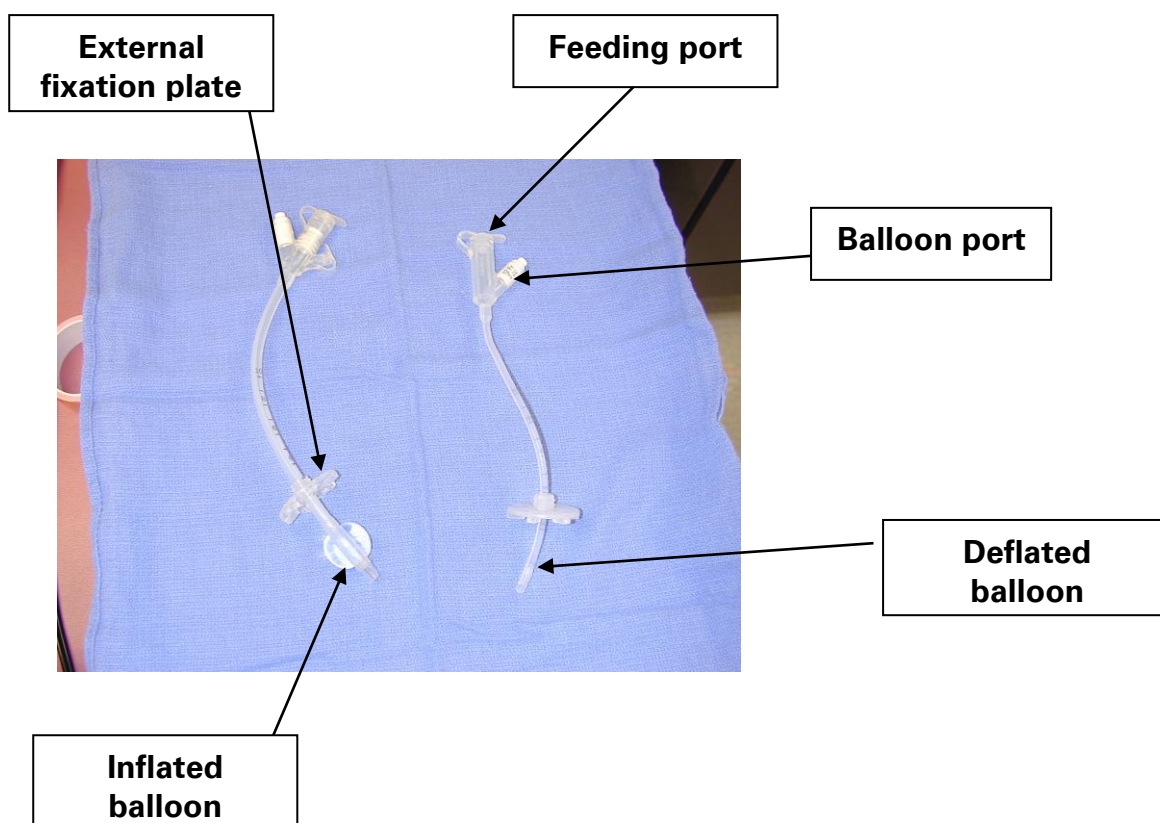
Balloon Gastrostomy Tube (Short Term Device)

BALLOON GASTROSTOMY TUBE (Short Term Device)

What is a balloon-retained PEG?

At the end of your feeding tube, inside the stomach, is a small balloon that is kept inflated with water (see picture below).

When inflated the balloon will prevent the PEG from falling out. This is a durable balloon but will require changing at regular intervals, approximately once every 3 to 6 months.



- 1. Feeding Port:** port used for feeds, water and medication.
- 2. Balloon Port:** port used for inflating and deflating the internal balloon.
- 3. External Fixation Plate:** this holds the tube in place. The bottom of the base should rest 1cm above the skin surface.
- 4. Internal Balloon:** the inflated balloon within the stomach will keep the tube in place. The balloon should be inflated with sterile water or cooled boiled water.

Why use a balloon Retained Feeding Tube?

When no longer required, this tube is easy to remove by deflating the balloon and sliding it out of the hole (stoma). The stoma normally heals within several hours.

Why do I need to check if the balloon is inflated?

Once a week it is important to check the amount of water in the balloon. This is to assess the condition of the balloon. If it deflates the tube may fall out of the stomach.

How will I know if the balloon is ok?

If the balloon is starting to perish, this will be indicated by either drawing back less water than expected and/or the water being discoloured.

Should this happen then contact the PEG nurse for advice on changing the tube.

How do I check the balloon?

- Collect equipment together – two syringes and sterile water (or cooled boiled water).

- Wash hands.
- Draw up 5mls of water into one syringe.
- Hold tube still by placing finger and thumb on either side.
- Insert the empty syringe into the balloon port and remove water from the balloon.
- Check water in the syringe for volume and colour.
- Discard old water.
- Insert syringe with fresh water into the balloon port (see picture).
- Gently push water from syringe into the balloon.

Changing the Tube

These tubes are classed as a short term device, lasting approximately 3 - 6 months. When the tube requires renewing, training can be given to you/your partner or carer. Alternatively, an appropriately trained healthcare professional will change it, either at a hospital attendance or possibly in your own home.

During your contact with us, it is important that you are happy with your care and treatment. Please speak to a member of staff and/or the ward/department Sister/Charge Nurse if you have any questions or concerns.

MATRON

A Matron is also available during the hours of 9.00 to 5.00 pm Monday to Friday. During these periods, ward/department staff can contact Matron to arrange to meet with you. Out of hours, a Senior Nurse can be contacted via the ward/department to deal with any concerns you may have.

INFECTION CONTROL REQUEST

Preventing infections is a crucial part of our patients' care. To ensure that our standards remain high our staff have regular infection prevention and control training and their practice is monitored in the workplace. We ask patients and visitors to assist us in preventing infections by cleaning their hands at regular intervals and informing staff of areas within the hospital that appear soiled.

As a patient there may be times that you are unsure whether a staff member has cleaned their hands; if in doubt please ask the staff member and they will be only too happy to put your mind at ease by cleaning their hands so that you can see them.

SPECIAL INSTRUCTIONS FOR AFTER YOU HAVE LEFT HOSPITAL

- ✓ Check the site daily. Tell your district nurse or doctor if you notice any swelling, leakage, redness, soreness or pain.
- ✓ Follow the instructions given by your dietitian.
- ✓ Wash your hands thoroughly before touching your stoma site.
- ✓ Clean and dry the area carefully each day, especially under the external bumper.
- ✓ Flush the tube with sterile water (or cooled boiled water if at home).
- ✓ Only put liquid medicines, feed and water down your tube.
- ✓ Contact district nurse if the feeding adaptor is damaged in any way.
- ✓ After you have had your tube in place for 2 weeks turn your tube weekly.
- ✓ Leave clamp undone when tube is not in use. If clamp is left closed when not being used this will fracture the tube and shorten its life.
- ✓ Feed in an upright position. Stay upright for 1 hour before and after your feed.
- × Don't put anything down the tube that isn't recommended by your dietitian.
- × Don't replace the tube end unless you have a replacement on hand.
- ✓ If dislodged or blocked contact the PEG Nurse/attend hospital for replacement (the stoma closes over within hours).

ANY CONDITION SPECIFIC DANGER SIGNALS TO LOOK OUT FOR:

- External leakage of gastric contents.
- Fresh bleeding.

Contact PEG Nurses *as soon as possible*.

- If prolonged/severe pain on feeding, *stop feeding*.

CONTACT INFORMATION IF YOU ARE WORRIED ABOUT YOUR CONDITION AFTER YOU HAVE LEFT HOSPITAL

- PEG Nurse (Gastroenterology Nurse Practitioner)
(01704) 547471 Ext 6896 or Ext 4739 Mon–Fri 9am – 5pm
- Dietitian (01704) 547471 Ext 4199 Mon – Fri 8.30am – 4.30pm
- Out of hours and at weekends, contact local A&E Dept
- Your GP or District Nurse

OTHER USEFUL TELEPHONE NUMBERS/CONTACTS:

www.nhsdirect - NHS 111

Stop Smoking Helpline (Sefton) - 0300 100 1000

Stop Smoking Helpline (West Lancashire) - 0800 328 6297

www.bapen.org.uk – British Association for Parental and Enteral Nutrition (BAPEN)

www.pinnt.com – Patients on Intravenous and Nasogastric Nutrition Therapy (PINNT)

www.aboutmyhealth.org – for support and information you can trust.

**Please call 01704 704714 if you need
this leaflet in an alternative format**

Southport and Ormskirk Hospital NHS Trust

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FOR APPOINTMENTS

Telephone (01695) 656680
Email soh-tr.appointments@nhs.net

Please remember to complete the **attached** *Friends and Family Test*.

Alternatively, you can complete the *Friends and Family Test* on-line by going to: southportandormskirk.nhs.uk/FFT

Thank you

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