

PATIENT INFORMATION

Tube Feeding at Home

**Percutaneous Endoscopic
Gastrostomy (PEG)**

Useful Information and contact details:**Hospital Dietitian:** _____

Phone Number: _____

Community Dietitian: _____

Phone Number: _____

Feed Company: _____

Phone Number: _____

(24 hour helpline)

Feed Company Nurse: _____

Phone Number: _____

Endoscopy Unit: _____

Phone Number: _____

Useful Support Group:

Patients on Intravenous and Nasogastric Nutrition Therapy
(PINNT)

PO Box 3126

Christchurch

Dorset

BH23 2XS

www.pinnt.com

Please bring these notes with you every time you attend clinic or are admitted to hospital or give them to the dietitian when they come to visit you at home. Thank you.

Name: _____

NHS No: _____

Your tube details:

Type of tube: _____

Manufacturer and size: _____

Date tube placed: _____

Usual tube length (if applicable):_____

Your feeding regimen:

See your separate feeding regime from the Dietitian

Flushes:

Type of water: _____

TUBE FEEDING AT HOME

It is necessary for you to be fed by tube because of your condition. This booklet has been designed to help you feed at home.

You will have been discharged from hospital with 7-14 days' supply of feed and feeding equipment e.g. giving sets and syringes. If you are using a feeding pump it will have been provided by the feed company or by the Dietitian.

Further supplies of feed as recommended by your dietitian will be prescribed by your GP and supplied either by your local pharmacist or the feed company.

Further supplies of giving sets and syringes will be supplied by the feed company directly to your home on a monthly basis.

If you experience pain on feeding, prolonged or severe pain after your tube has been placed, fresh bleeding or external leakage of gastric (stomach) contents, stop feed/medication delivery immediately and contact your GP/out of hours service.

HOW TO FEED AT HOME

Checking and storing your feed.

- Store unopened feed at room temperature
- Check the label - is it the correct feed? - check the use-by date
- Gently turn the bottle upside down and back again once before use. Do not shake the bottle as this will create air bubbles.

Is hygiene important when dealing with my tube and feed?

Good hygiene is important to keep you free from infection.

- Always wash your hands with hot, soapy water and dry thoroughly with disposable paper towel (e.g. kitchen towel) prior to assembling the feed.
- Clean the surface where you will be handling the feed and equipment with hot, soapy water and dry thoroughly with disposable paper towel. Avoid unnecessary handling of equipment.
- Re-usable purple syringes should be washed in hot soapy water, rinsed thoroughly, air dried and stored in an air tight container. If using single use syringes use only once.
- Giving sets should be discarded after 24 hours. If changing the feed during the 24 hours a new giving set should be used.

- If you need to disconnect your feed, ensure you close the end of the giving set and flush with water to prevent tube blockage.
- If using fresh tap water, run the tap for ten seconds before filling a syringe or clean, plastic jug. If using cooled, boiled water, this should be placed in a clean, plastic jug with a lid and stored in the refrigerator for a maximum of 24 hours. Store at 4°C or below. Water should be given at room temperature therefore remove from the refrigerator 30 minutes prior to feeding.
- Sterile feeds can be hung for up to 24 hours from opening provided they are handled using a clean technique and connected directly to the giving set. Any feeds decanted/poured into a sterile container or powdered feeds made up with liquid should only be hung for 4 hours at room temperature; however they may be kept in the refrigerator for 24 hours. Dispose of any opened feed after these times by placing the feed bottle containing any unused feed into the household waste.
- Feed containers should not be topped up with feed or water once feeding has started.

What equipment do I need for setting up my feed?

Collect all the equipment you will need before assembling your feed:

- Feed
- Feeding pump (if needed)
- Drip stand (if needed)
- Giving sets (if needed)
- Extension sets (if required)
- 60ml purple syringe
- Water as recommended by your dietitian
- Clean bowl/jug with lid
- Sterile containers (if required)

Do I need to check my tube before using?

Yes, before putting anything down your tube it is important that you check your tube. If you see any of the following do NOT feed and seek advice from the feed company nurse.

- Split in the tube.
- More tube visible than usual
- Less tube visible than usual

Do I need to flush my feeding tube?

Yes, it is important to flush the feeding tube regularly to prevent blockages.

- To keep the tube clear and prevent blockages it should be flushed with water **before and after** each feed, **before and after** medications and **in between** each medication. For amounts of flushes and type of water to use please see your feeding regimen.
- Do not plunge the syringe with force.
- If you are not using your tube for feeding it is still necessary to flush the tube with 50ml of water at least once daily to keep the tube clear.

What can I put down my feeding tube?

- Feed
- Fresh tap water/sterile water as advised by your dietitian.
- Medications in liquid or dispersible form (check with your pharmacist if you are unsure).

You should **not** put liquidised food down the tube as this may block it. Do not put anything down your tube that the dietitian has not recommended.

If you have been given a feeding pump

If you are using a feeding pump, this helps to ensure that your feed is given at the correct rate and volume. It is important to keep your pump clean – wipe daily with a clean, damp cloth to remove debris. Contact the feed delivery company if the feeding pump is damaged in any way.

Do I need to be sitting up whilst feeding?

Correct positioning during and after feeding will make you feel more comfortable and help to prevent complications.

- It is important to position yourself at an angle of 30 to 45° (or more) during feeding and for an hour afterwards.
- If you are feeding overnight, ensure you are supported by pillows and propped up to at least 30°. If this is not possible, please discuss with your dietitian.

How do I give medications via my feeding tube?

- Any medication given via your tube should be in liquid or dispersible form. This includes self-administered medication such as Paracetamol. Ask your GP or pharmacist to provide these. Do not crush tablets unless advised to do so.
- Wash hands before and after giving medication.
- Stop the feed if it is running. Flush the tube with the recommended water using a 60ml purple syringe.
- Administer medication as prescribed by your doctor using a 60ml purple syringe. Smaller syringes may be used to measure medication.
- If more than one medication is due to be given at the same time, flush the tube with the recommended water in between giving each medication. **Do not mix medications together (unless you have been told to do so) or add to the feed.**

- Flush the tube using a 60ml purple syringe with the recommended water after the last medication has been given. Re-start feed if appropriate.
- Some medications may interact with your feed. Check your medications with your pharmacist.

What do I do if my tube blocks?

Using a 60ml syringe, a pull/push action should be used. Sometimes massaging the tube gently with finger tips may help to break it up. Never use force.

If the blockage is likely to have been caused by feed, the following should be considered using the above technique:

- 15-30mls of warm water
- 15-30mls of carbonated water
- Administration of prescribed enzyme based products (if deemed appropriate on discussion with pharmacist).

If the blockage is likely to have been caused by medications the following should be considered:

- 15-30mls of warm water
 - Do not attempt to unblock the tube using sharp instruments.
 - If the blockage persists contact your feeding company nurse, GP or the hospital that placed the tube for further advice.

How do I care for my PEG site and tube?

- Always wash your hands thoroughly with hot water and soap before starting.
- Check the stoma site (where the tube comes out of your abdomen) every day. Tell your feed company nurse, district nurse or doctor at once if you notice any swelling, leakage, redness, inflammation or pain.
- Clean and dry the area carefully each day with a lint free dressing or towel and mild, soapy water. Rinse thoroughly. If you have a fixation plate, ensure it is loosened and cleaned underneath.
- Do not apply a dressing unless you have been told to do so by the hospital that placed your tube or the team looking after you in the community.
- Once the stoma site is fully healed (approximately 10 days); turn the tube daily in a full circle and advance in and out approximately 3-4cm once a day.
- Leave the clamp undone when not in use as it will damage the tube if left closed. Only clamp the tube with the clamp provided.
- Do not remove the white fixation device from the tube. If it is uncomfortable tell your nurse.

If I am not using my tube, what care is required?

- The tube must be flushed at least once a day with 50ml of water as advised by your dietitian.
- The stoma site should be cleaned daily as advised above.

Can I still bathe, shower or swim?

- After 2 weeks you can bath or shower as normal. Make sure the end of your tube is closed; dry the stoma site and tube thoroughly afterwards.
- It is advisable to cover the stoma site with a waterproof dressing when swimming.

How do I keep my mouth clean?

- It is still important to brush your teeth twice a day
- A mouthwash may help if your mouth is dry however if you are nil by mouth you should take care not to swallow. Mouth swabs may be available from your GP.

Can I still eat?

- You should not eat or drink anything unless you have been advised by a doctor or speech therapist that it is safe to do so.

Can I go on holiday?

- Tube feeding does not stop you going on holiday however you may need a letter from your doctor and you should check you have the correct insurance.
- It may be possible to use the feed delivery company's travel service for the supply of your feed whilst on holiday. Please contact your community dietitian for information at least six weeks prior to travel.

What happens if I am admitted to hospital?

Please bring your feeding regime into hospital to inform the hospital staff what feed you have.

If you have deliveries from a feed company, please notify them of your admission to hospital so that deliveries may be postponed until you are discharged home.

If you have any other questions, please discuss these with the dietitian, the feed company nurse or district nurse.

There is no need to bring your pump, equipment or feed into hospital.

What do I do when I no longer need my pump?

If you have deliveries from a feed company, please contact them to arrange collection.

Will I have to be fed by a tube forever?

- If your medical condition improves and you are able to eat and drink enough to meet and maintain your nutritional requirements, it may be possible to have your tube removed.
- Your PEG will be removed in hospital.

FOLLOW UP AT HOME

Community Dietitian

You will be contacted once at home by your community dietitian for follow up at a local clinic or in your own home. If you have any concerns you can contact us Monday to Friday 8.30am to 4.30pm.

Feed Company Nurse

The feed company nurse will make contact and visit you within your first week at home and will liaise with the community dietitian after the visit.

24 hour Emergency Service

The feed delivery company provides a 24 hour emergency helpline. The telephone number is listed at the front of this booklet. If you have any problems please call this first before attending Accident & Emergency.

This covers the main issues relating to your tube feed, however other matters may arise that are not covered in this booklet. If you have any questions, please contact your dietitian, the feed company nurse or district nurse for advice.

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 questions or concerns.

MATRON

A Matron is also available during the hours of 9am to 5pm 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

ANY CONDITION SPECIFIC DANGER SIGNALS TO LOOK OUT FOR:

CONTACT INFORMATION IF YOU ARE WORRIED ABOUT YOUR CONDITION

- Your own GP

OTHER USEFUL TELEPHONE NUMBERS/CONTACTS:

NHS 111

Stop Smoking Helpline (Sefton) – 0300 100 1000

Stop Smoking Helpline (West Lancashire) – 0800 328 6297

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

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We would welcome your feedback about your experience
at Southport and Ormskirk Hospital NHS Trust.
Please access the Friends and Family Test at the following
link:

<https://www.southportandormskirk.nhs.uk/patients-and-visitors/fft/>

Thank you

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