

## Possible problems after the PEG?

- Pain - a simple painkiller will help
- Diarrhoea – due to the antibiotics given
- The skin around the PEG may become red or sore
- These problems are generally easy to treat

## Care of the PEG

The PEG tube and the stoma site should be cleaned every day. The nurses will do this to begin with; you or your carer will be shown how to do this. An information booklet will be provided.

## Can I still eat and drink?

Yes, if you have been told by the team looking after you that it is safe to do so.

## Going home

When you go home you will have support from the Community Dietitian and District Nurses. You may also see a Nutrition Nurse as well. You will be given contact names and telephone numbers in case you have any problems. Your feed and other equipment will be delivered to you at home.

## Can I go on holiday?

If you go on holiday you may be able to have your feed and equipment delivered to your holiday destination. If you have a Home Care Company they may arrange this for you.



## Can the PEG be removed again?

**Yes.**

Your dietitian or doctor will decide if the PEG tube can be removed. The PEG is usually removed at the hospital in the Endoscopy Department.

The procedure is very safe and the hole should heal quickly.

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# Having a PEG Tube

Information for Patients and Relatives



GIG  
CYMRU  
NHS  
WALES

Bwrdd Iechyd Prifysgol  
Caerdydd a'r Fro  
Cardiff and Vale  
University Health Board

## What is a PEG tube?

PEG stands for:

### **Percutaneous Endoscopic Gastrostomy.**

- The PEG tube is used to provide liquid food, water and medication
- The tube passes through the abdominal wall and into the stomach
- The place where the PEG passes into the body is called the stoma
- The PEG tube should not interfere with your normal activities
- It can be hidden discreetly beneath your normal clothes
- Once the skin has healed you can shower, bathe or go swimming

## Why do I need a PEG tube?

- You may not be able to swallow safely
- You may need extra nutrients and calories in addition to your ordinary food to remain healthy

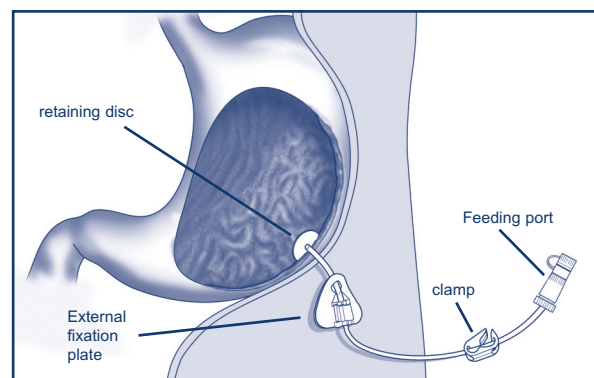
## Giving your permission (consent) for the procedure.

You (the patient) will be asked to sign a consent form.

If you (the patient) are not able to sign the consent form a Consultant Doctor or another person legally authorised to act on your behalf will do so.

## How is the PEG tube put in?

- You will be Nil by mouth on the day of the procedure
- You will be taken to the Endoscopy Unit where the PEG will be placed
- You will be given a sedative injection to make you drowsy
- A local anaesthetic will be used on your skin
- An endoscope, which is a flexible optic camera and looks like a long thin tube, will be passed through your mouth and into your stomach. This is to help the Doctor see the right place to put the PEG
- The PEG tube will be inserted through the skin and stomach wall
- The PEG will be held in place with a small plastic disc on the inside and a moveable fixation plate on the outside
- It should take about 30 minutes to put in the PEG tube
- Following insertion of the PEG you will remain in hospital for a minimum of 72 hours



## What are the risks of having a PEG tube put in?

All medical procedures carry some risks, these must be weighed against the benefits of having a PEG tube.

### • **Infection**

Antibiotics are given to reduce this risk Low grade infection around the tube occurs in 1 in 20 patients, but serious infection in the abdomen is rare (risk 1 in 1000)

### • **Chest infection**

This is related to use of sedation and occurs if fluid passes down into the lungs. Antibiotics may be required to treat this (risk 1 in 20)

### • **Bleeding**

Minor bleeding during or after the procedure is controlled by applying pressure over the wound. The risk of bleeding requiring blood transfusion is less than 1 in 100

### • **Damage to liver or intestine**

This is very rare (less than 1 in 200) but can be life threatening. It can occur if the liver or intestine are stuck onto the stomach as a result of previous surgery

### • **Failure of procedure**

If PEG insertion fails you may be referred for an alternative method of insertion

An alternative leaflet is available in Welsh on request. A more detailed information booklet is also available if required.