



DIGESTIVE HEALTH CONSULTANTS
1850 Hickory Street, Suite 103
Abilene Texas 79601

Percutaneous Endoscopic Gastrostomy (PEG) Care Instructions

Feeding and Medications

- You may begin using your tube for feeding and medications as directed by your health care team.
- See tube feeding instruction sheet for specific feeding directions.

Bathing

- You may shower 24 hours after tube placement.
- Do not take a tub bath until after your PEG check appointment (usually 7-10 days after placement) or until the health care provider says that it is OK.

Care of Your PEG

- Always wash your hands before handling your PEG. Ask others to do the same.
- You must flush your PEG with 1 syringe of tap water at least once per day even if not using PEG for nutrition.
- Clean the PEG site with soap and water daily. DO NOT use hydrogen peroxide or any special cleansers. You may use a Q-tip or gauze to swab gently around the site.
- If there is drainage around the tube that is bothersome (soiling clothes, etc), you may apply a clean split gauze dressing to the site. This should be changed often if soiled. Otherwise, leaving the tube open to air is best to reduce the risk of infection.
- Ask your healthcare provider about how to safely secure the PEG to your abdomen.
- It is normal to see tube feeding or other liquids in your PEG. Do not drain your PEG unless instructed by your healthcare provider.

PEG Position

- Check the number at the base of the PEG on the day the PEG is placed and daily until PEG check. If the number changes by 2 or more, call your healthcare provider.
- Slight in-and-out movement of the PEG is normal and can help prevent complications resulting from the bumper being too tight against the abdomen.
- Rotate your PEG a quarter of a turn each day until you are seen in clinic for your PEG check.

Medications

- Flush PEG with 60 mL of water BEFORE AND AFTER any medication is put down the PEG.

- Medication should be given one at a time. Review medications with pharmacist to ensure they are OK to put through PEG. Medications must be in liquid form or crushed (use a pill crusher) finely and mixed with 1 syringe of water. Draw up medication and water mixture into syringe and push into PEG followed by 60 mL of water.

Clogged PEG

- Fill 1 syringe with warm water to try to flush PEG. Gently and firmly push and pull the plunger back and forth. Do not try to force the water into the PEG.
- Clamp the tube for 20 minutes allowing the water to “soak”.
- Repeat if necessary.
- If this does not unclog your PEG, contact your healthcare provider.

Possible Problems

Call your healthcare provider if you have any of the following problems:

- Redness, swelling, sores, blood, or pus around the PEG.
- Drainage around PEG that soaks more than 2 gauze pads at the PEG site each day.
- Nausea, vomiting, or diarrhea that lasts more than 24 hours or prevents you from giving the next tube feeding.
- Pain near your PEG site that is not relieved with prescribed medication.
- Constipation that lasts for more than 3 days.
- Weight loss of more than 3 pounds in one week.
- Fever.
- Not tolerating feedings.

If the PEG falls out before your PEG check, cover the site with clean gauze and go to your nearest emergency room immediately.