



Name: _____

PEG (Percutaneous Endoscopic Gastrostomy) Tube

What is a PEG tube?

- A **P**ercutaneous **E**ndoscopic **G**astrostomy tube, or PEG tube, is also called a feeding tube. One end of this flexible silicone tube sits inside the stomach and is held in place with a balloon like tip, and the other end is taped to the skin outside. The PEG tube may be used to feed you, or to give you medicine or liquids for a period of time. It does not always have to be permanent or the only source of nutrition.

Why Might I Need a PEG Tube?

You may need a PEG tube if you:

- cannot eat or drink.
- breathe in food while eating (*aspirate*).
- cannot swallow correctly.

You may not be able to swallow correctly because of:

- A Stroke, Brain Tumor or Brain Injury, Parkinson's Disease, Multiple Sclerosis, certain types of Cancer, Dementia, Trauma, poor nutritional intake over a long period of time, or other medical illness.

There may be alternatives to having a PEG Tube. Talk with your doctor.

Where Is the Procedure Done?

- The procedure is usually done in a procedure room on the second floor of Tisch Hospital
- Sometimes it is done in the Intensive care or Step Down Units

What Can I Expect?

- Putting in a PEG tube usually takes about 30 minutes. You will receive medicine that will relax you before the procedure.
- The tube is put into your stomach through a small opening in your skin using a special camera or *endoscope*.
- Tell your nurse if you are having pain.



- You may experience mild pain at the opening around the PEG tube (*insertion site*) for a few days.

What Are the Risks of Having a PEG Tube?

- Putting a PEG tube in rarely causes serious problems. However, there is always a risk of infection, bleeding or skin irritation.

What Happens After the PEG Tube Is Put In?

- You can begin having water through the PEG tube within 24 hours after it is put in.
- The Nutritionist will then choose a liquid food formula and the amount of water you should have each day.
- You and your family will be taught how to use and care for the PEG tube.

How Do I Take Care of the PEG Tube?

- Keep the PEG tube attached to the abdomen (stomach area) with surgical tape.
- Do not tug or pull on the tube.
- Use soap, water, and a cotton swab to gently clean around the tube insertion site 1 or 2 times a day. Rinse and dry well. (You may continue to take baths or showers.)
- If you are not using the tube for feeding, you should flush it with warm water 3 or 4 times a day.
- If the tube becomes clogged, flush it with 1 ounce of warm water.
- Over time the tube may become blocked, fall out or wear out and it may need to be replaced.
- Even though you are not eating, you still need to take care of your teeth and mouth. Brush your teeth in the morning and at night, and use dental floss. See your dentist regularly.



At the Hospital, When Should I Call the Nurse?

Call the nurse if you:

- Feel stomach pain after each feeding or when you move.
- Have signs of infection, such as fever, drainage, or itchy, swollen or red skin around the tube.
- Are not able to push liquid through the tube, or if you feel resistance when you try and push liquid through the tube.
- Have diarrhea, nausea or vomiting.
- Have questions about the PEG tube, food or medicine.

At Home, When Should I Call the Doctor?

Call your doctor if:

- Blood comes out of the PEG tube or the opening around it.
- Food, medicine or fluid leaks out of the tube or the opening around it.
- Your PEG tube comes out of place.
- You have sudden tightness, hardness, soreness or bloating in the stomach area.

SPECIAL INSTRUCTIONS OR QUESTIONS

How Can I Get More Information on PEG Tubes?

Please visit NYU Langone Medical Center's consumer health library,

The Patient and Family Resource Center

Schwartz Building, room 103

Phone: 212 263-7438

Web site: www.nyupatientlibrary.org/medcenter

Send the librarian a question by email: patientlibrary@nyumc.org