

# Your PEG-J care

Insertion date .....

This leaflet gives instructions on how to care for your child's PEG-J. Always wash your hands thoroughly before touching or cleaning the Peg-J or tubes. If you have any questions, please speak to a doctor or nurse caring for your baby.

## 6 weeks

### First tube advance

Loosen the clamp. Advance the tube in by 4 to 6cms, then gently pull the tube back to its original position and reapply clamp. Repeat this movement of the tube, in and out, **twice a week (minimum)**. **Never rotate**.

## Checklists

### 3 months

- **Minimum** two-times-a-week tube advance.
- Consultation with clinical nurse specialist (CNS). Contact us if this has not been arranged.
- Regular flushing of jejunal **and** gastric tubes.

### 5 months

- Have arrangements been made for jejunal tube change? Contact us if you have not heard from us.

### 6 months

- Has the jejunal tube been changed? Contact us if this has not been arranged.

### 12 months

- Has the tube been reviewed for change to PEG-J or button? Contact CNS if it has not been arranged.

## Regular care

- Clean stoma site **every day** with saline and gauze. Medihoney™ at stoma site until healed.
- Check site every day for leakage, swelling, redness or inflammation. Report any problems to the CNS (details at the end of this leaflet). Some clear fluid might be present - this is normal.
- Only use the jejunal tube for feeds, water and medication in liquid form.
- Flush the tube with sterile water before and after each use.
- Do not advance until 6 weeks after insertion.
- From 6 weeks after insertion, loosen the clamp, advance tube in by 4 to 6 cm, then pull tube back to its original position and reapply clamp. Do this 2 times a week (minimum).
- **Do not rotate the tube**.
- For patients with 'PEG-J to PEG-J change' advance the tube as directed by nurse.

## Troubleshooting

### Granulation

- Contact community nurses.

### Difficulty /pain/bleeding on advancing tube

- Contact CNS.

### Tube fallen out

- Go to the Emergency Department (A&E) **urgently**.

### Blockage

- Do not force anything through the tube.
- Draw back free fluid (with 5ml syringe) and flush with 5ml warm water and leave for 30 minutes.
- If it is still blocked, contact community nurses.

## Contact us

If you have any questions or concerns, contact the general surgery CNS, **tel:** 020 7188 7188, extension 53175, **email:** tubes@gstt.nhs.uk, or to bleep them, call the hospital switchboard, **tel:** 020 7188 7188 and ask for the bleep desk. Ask for bleep 1914 and wait for a response. This will connect you to them directly.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit **web:** [www.evelinalondon.nhs.uk/leaflets](http://www.evelinalondon.nhs.uk/leaflets)

### Evelina London Medicines Helpline

If you have any questions or concerns about your child's medicines, please speak to the staff caring for them or contact our helpline, **tel:** 020 7188 3003, Monday to Friday, 10am to 5pm, **email:** letstalkmedicines@gstt.nhs.uk

### Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS), **tel:** 020 7188 8801, **email:** pals@gstt.nhs.uk. To make a complaint, contact the complaints department, **tel:** 020 7188 3514, **email:** complaints2@gstt.nhs.uk

### Language and accessible support services

If you need an interpreter or information about your care in a different language or format, please get in touch, **tel:** 020 7188 8815, **email:** languagesupport@gstt.nhs.uk

### NHS 111

This service offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day, **tel:** 111, **web:** [www.111.nhs.uk](http://www.111.nhs.uk)

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