

Understanding Percutaneous Endoscopic Gastrostomy (PEG)

What is a PEG tube?

A PEG tube is a small flexible hollow tube that goes into the stomach directly through the abdominal wall. It is generally a safe way of receiving food when there are problems with swallowing or eating. A PEG can be temporary or permanent and is used in adults and children.



Are there any risks?

PEG feeding is a common procedure of choice to achieve long-term nutrition in patients who cannot maintain sufficient oral intake. However, complications can occur. You should discuss with your doctor any questions you have about complications at time of giving consent.

Will I be given sedation?

You will be given sedation by injection into a vein to make you comfortable and relax.

Your throat may be sprayed with a local anaesthetic. A mouth guard is placed between your teeth to protect your teeth and the endoscope. Oxygen will also be given via nasal prongs.

What preparation is required?

It is necessary to have a completely empty stomach, which require you to not eat or drink for 6 hours prior to the procedure. You may be given an antibiotic before the procedure to reduce the risk of infection.

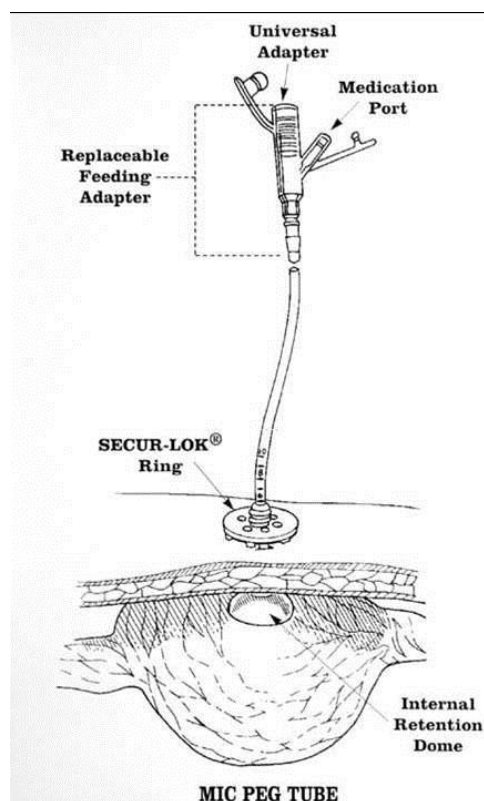
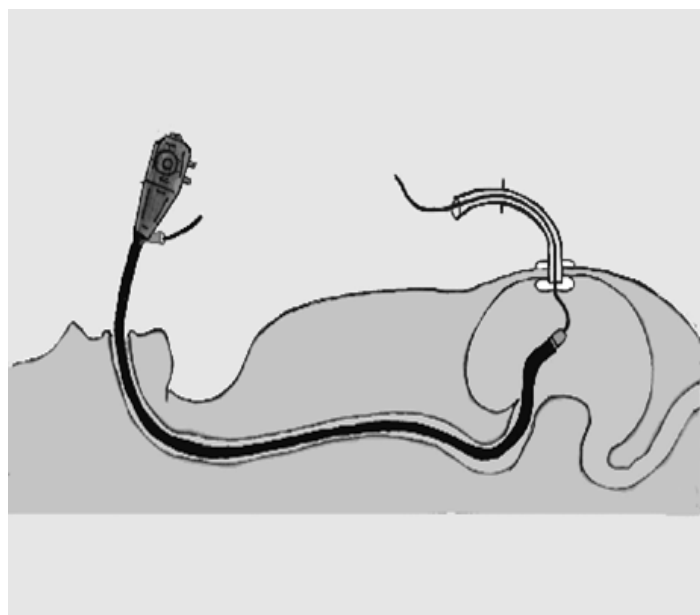
Inform your doctor or nurse if you are on medications such as warfarin, aspirin, dabigatran, clopidogrel, heparin, clexane, metformin, gliclazide or insulin. Please mention all of your existing allergies and any surgery you have had in the past.

You will be also given a set of blood test forms to be done within 72 hours prior to the date of your Peg Insertion.

How is PEG put in?

It involves having an endoscopy (the insertion of a flexible tube [endoscope] via the mouth into the stomach) and a small cut on the skin over the abdomen

With you lying comfortably, the endoscope is passed via the mouth into the stomach. This instrument allows inspection of the stomach. The correct place to put the tube is found and local anaesthetic is injected into the skin. A small cut (about 1 cm) is made in the skin and a small needle then inserted into the stomach. Your doctor then positions the PEG tube and the endoscope is removed.



What happens after the PEG is inserted?

Following the procedure, you will remain in the recovery area until effects of sedation wear off, and then you will be transferred to a ward for overnight observation and to begin feeding.

Your throat may be sore for a day or so after the procedure. You may feel bloated, due to the air which has been introduced through the endoscope, but this will quickly settle. The cut where the tube is inserted may be painful for a short time, but this can be managed with pain relief like panadol. The wound will heal in 5-10 days.

Feeds using the tube usually start with clear liquids between 4 hours and 24 hours after the procedure. You will receive information and advice on how to look after the tube and give the feeds from your dietitian and nurse.



A PEG tube in place

How long does a PEG tube last?

PEG tubes generally have a fairly long life, around 12 months. Timing of first tube change depends on the type of PEG tube inserted. It may be done in Gastroenterology Department, or in the community by district nurses. Your nurse will advise you on this before you go home.

Subsequent tube change can be performed at home by district nurses or a trained person. Occasionally the tube can block or deteriorate, and will need to be replaced early.

If you have any concerns about the feeds or the PEG tube, you can contact your district nurses, community dietitian or Gastroenterology Department through Wellington Hospital. Your GP will also be able to provide you with advice and support.

Your notes

Contact us

Gastroenterology Department
Level 6 Clinical Support block
Wellington Regional Hospital

Phone: (04) 385-5999 extension 6223

Appointment enquiries: (04) 385-5999 ext 5169

Hours: 8am-4.30pm, Monday to Friday
www.ccdhb.org.nz

Wellington Regional Hospital Emergency Department or the Gastroenterology Consultant on call: 04-385-5999

Interventional Recovery Ward, Radiology Department: 04-385-5999 ext 80272 (0730-1800)
(for nurse enquiries), 04-806-0261 (for admission enquiries)

On call Medical Registrar 24 hours via hospital number: (04) 385-5999

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