Vanderbilt Medical Group
Home Care Instruction for Gastrostomy Tube

Date Tube Placed: _________________________
Tube Placed By: ___________________________
Type of Tube & Size: _______________________
Measurement at Skin Level: _________________

_______________________ referred you for surgical placement of a feeding tube. Once the tube is placed, contact them for further management and orders regarding feedings such as nutrition, supplies and specific feeding instructions. Tube care instructions are listed below.

Definition:
A gastrostomy tube is placed in the stomach to allow for feedings and medication administration. To place a tube, a scope is passed through the month and into the stomach. A fluid filled balloon or plastic disc holds the tube in the stomach.

Care & Cleaning of Tube:
• Use warm water and soap to clean around the tube daily and as needed.
• Use gauze pad under the bumper for the first 5-7 days.
• Use Desitin ointment on irritated skin if needed.
• Flush tube with 30 cc warm water daily and after each use to help maintain patency.
• Wait at least 60 minutes after instillation of meals and medication to vent.
• If vomiting or nauseous, you can vent tube by connecting the tube to a drainage bag or draining into a container (be sure to dispose of daily).
• Keep tube secured to the skin using ¼ to ½ inch between skin surface and bumper.
• Check measurement of bumper at skin level daily.

Activity after Tube Placement:
• No lifting over 10 pounds for two weeks or otherwise instructed by physician.
• No driving while on narcotic pain medication.
• Okay for bathing or swimming four weeks after tube placement (be sure to clamp).

Constipation:
• If no bowel movement two days after tube placement, take Milk of Magnesia per instructions on bottle.
• Use over the counter stool softener while taking narcotic pain medication if needed.
Important:
If your tube comes out, call the Vanderbilt Digestive Disease Center immediately at 615-322-0128. If after 4:00 pm or the clinic is closed, go to the Vanderbilt Emergency Room or your nearest Emergency Room and take the tube with you.

Call PEG Nurse – Linda Bellamy, RN to report:
• Swelling and redness at the tube site, severe pain at the tube site after one week of placement.
• Excessive drainage or bloody discharge around the tube.
• Clogged (tube hard to flush) or displaced tube.
• Skin irritation or breakdown of skin at tube site.
• Fever > 101.5 and chills
• Hard abdomen or severe abdominal pain

Call RD to Report:
• Weight loss / management

Call Home Infusion for:
• Supplies