

**Sunderland Day Case Centre
Endoscopy**

Having a PEG tube inserted
Information for patients and carers



Checklist

Things to remember before your procedure

- Read the booklet carefully.
- Fill in the questionnaire and return it in the pre-paid envelope.
- Note appointment date in your diary.
- Nothing to eat **for 6 hours** before your test. You may however drink water until **2 hours** prior to your appointment.
- Please bring a list of medication you are currently taking.
- Transport arrangements made if you are having sedation.

If you wish to discuss any areas of concern, or need more information, in particular to get advice on medication, please contact the Endoscopy Unit on the following telephone number:

**Telephone Number:
01634 825027/5028**



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NEW LEAFLET

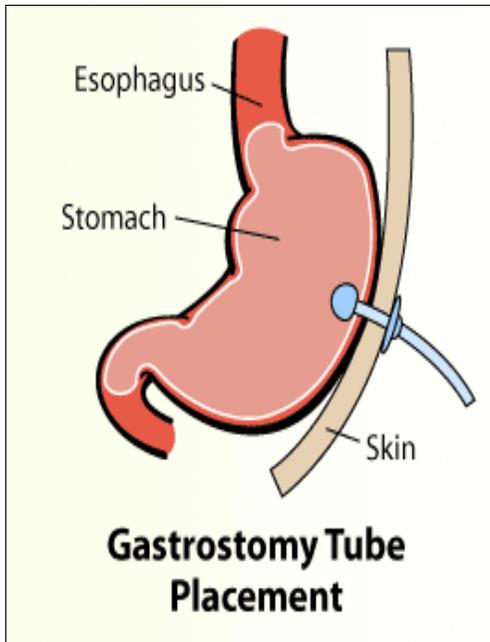
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Introduction

This booklet has been written for people who are having a PEG tube inserted. We hope it will help you understand the procedure and how its performed. If there is any part of the booklet you do not understand please ask your doctor, nutrition nurse or dietician.

What is a PEG?

A PEG (Percutaneous Endoscopic Gastroscopy) is a way of introducing food, fluids and medicines directly into the stomach by passing a thin tube through the skin and into the stomach.



What does PEG stand for?

Percutaneous is the terminology used for something that is inserted via the skin

Endoscopic an endoscope is the name for the instrument that is used to carry out the procedure

Gastrostomy an opening into the stomach

Please telephone the Endoscopy Unit with regards information contained within this leaflet. A member of the nursing team will be glad to advise you.

For all general enquiries please use the following contact details:-

Tel : 01634 825027 OR 01634 825028

Opening Hours:-

Mon - Fri: 07.30am - 06.00pm

However if you need urgent advice out of these hours please contact Medway Maritime Hospital on 01634 830000 and ask for Sunderland Day Case Unit on Ext. 5601

Endoscopy Unit
Sunderland Day Case Centre
Medway NHS Foundation Trust
Windmill Road
Gillingham
Kent
ME7 5NY
01634 830000

General Points To Remember

- If you cannot keep your appointment please notify the department as soon as possible.
- It is our aim for you to be seen and investigated as soon as possible after your arrival. However, the department is sometimes very busy and your procedure may be delayed. Emergency patients will obviously be given priority over less urgent cases.
- The hospital cannot accept any responsibility for loss or damage to personal property when on these premises.
- If you are having sedation, please arrange for a responsible adult to collect you and stay with you overnight.
- Following the procedure, if you have any problems with persistent abdominal pain or bleeding please contact your GP immediately, informing them that you have had an endoscopy.
- If you are unable to contact or speak to your GP, you must go immediately to the Accident & Emergency department.

Why do people need a PEG tube?

A PEG tube bypasses the throat and gullet and can therefore be used for people who have difficulty with swallowing or if there is a risk of the food 'going the wrong way' into the lungs

Although this can also be achieved by passing a thin tube via the nose and into the stomach, for people who need tube feeding for long periods of time, a PEG is more comfortable and easier to manage at home. PEG tubes are also more discreet as they can be tucked away under your clothes therefore, no one need know you have one unless you choose to tell them.

If you suffer from reflux of regurgitation of food or acid, it is important that you realise that this problem will be improved by having a PEG.

PEG feeding will not alter the outcome of your underlying disease or condition.

Risks and complications

Although the procedure is relatively safe and major complications are rare, there are risks involved in passing the endoscope and in making a hole in the stomach. Should there be any major complications it might be necessary to carry out an operation.

There is a major complication rate of about 3%. This includes:

- Breathing problems either during or after the procedure
- Bleeding
- Bowel perforation
- Inflammation/infection in the abdomen

There is a 0.7-2.1% mortality directly related to PEG placement. Minor complications occur in about 20% of cases and are mostly related to infection around the site of the tube and leakage from the site of the tube.

It is important that you are aware of and understand the risks before you agree to have a PEG tube inserted. A member of your medical or nursing team will be willing to discuss this with you.

The day of the procedure

Before the procedure is carried out, you will be asked to sign a consent form.

You will not be allowed to eat for six hours prior to the procedure but clear fluids (e.g. water/squash/black tea and coffee) may be taken up until two hours before the procedure. If you are having another kind of tube feeding this will also need to be switched off six hours before.

Please be aware that a small needle or cannula will be placed into your vein in your hand or arm, to administer the sedation.

PEG insertion

In the Endoscopy unit you will be asked if you fully understand the procedure and a demonstration of the PEG will be given.

A sedative injection is used to help you relax which is given through the cannula. You may also have the back of your throat sprayed with a local anaesthetic to make the procedure more comfortable.

A mouth guard will be put into your mouth to protect you from accidentally biting your tongue or the endoscope.

The endoscope, which is a thin black tube containing a camera and a bright light, is then passed through the mouth guard, over the back of the tongue and on into the stomach. Saliva and other secretions in your mouth and throat are removed using suction equipment similar to that used by the dentist.

An antiseptic solution will be used to clean the skin over your stomach. A local anaesthetic will be used to numb the area where the PEG tube is to be placed. This may sting initially.

Although you will feel some pressure and some prodding over your stomach, you shouldn't feel any pain.

Once in place a small plastic disc inside the stomach stops the tube from being pulled out. Another plastic disc on the outside stops the tube falling into the stomach.

Sometimes a small dressing is placed over the tube, but this is often not needed.

PEG insertion usually takes 20-30 minutes.

After the procedure

Once you have recovered from the sedation, you will be able to go home.

When the tube is first placed, it can feel quite uncomfortable. Initially this may be due to wind and, generally settles after a few hours. However, some people find that pain or discomfort at the site of the tube may persist for up to a week. Pain killers can be given during this period if needed.

Because of discomfort you may be reluctant to take deep breaths. However, it is important that you do to help prevent chest infections occurring.

In most cases feed can be given via the PEG tube about six hours after insertion. If you are able to eat and drink you will be advised when to start this.