

Tips for Putting Medications into Your PEG

Many medications may be put into your PEG. Here are some important things you need to know:

First, ask your pharmacist to review your prescribed and over the counter medications to learn if they are okay to put into your PEG

Important Note: Do NOT crush or open capsules of medications labeled *extended-release* (see below) or *enteric-coated* unless otherwise directed. Extended-release formulations will be designated by:

- XL, XR, or XT (extended-release)
- SR (sustained-release)
- CR, CD (controlled-release)
- LA (long-acting)

If any medications cannot be put in your PEG, your pharmacist may help you by reaching out to the healthcare provider that prescribed a medication to suggest another option.

For the medications you have now learned may be put into your PEG, here are some suggestions:

- Liquid medications may be used
- Pills or tablets should be ground into a fine powder and then mixed with 1 syringe of water. See "How to Crush Medications" below
- Capsules approved by your pharmacist may be opened and mixed with 1 syringe of water
- **NOTE:** allow a few minutes for the medication to dissolve in the water
- Do NOT add medications directly to your tube feeding formula
- It is best to put one medication at a time in your PEG
- It is **VERY IMPORTANT** to flush your PEG before and after putting dissolved medications into your PEG with **at least** 1 syringe of water **BEFORE** and **AFTER** to avoid clogging your PEG
- We do not recommend using fiber supplements in your PEG

Again, flushing your PEG *before AND after* administration of any medication helps prevent your PEG from getting clogged

How to Crush Medications:

Hand-held pill crushers are available. These can be purchased online or at your local pharmacy.

A variety of types and prices can be found by searching online for:

- ◆ “Ezy Dose pill crusher”
- ◆ “Pill grinder” or “pill crusher”

Note: UVA does not endorse or promote one company or site.

For more information see:

- “What to do if your PEG clogs?” handout available at www.GInutrition.virgini.edu
- The Oley Foundation Tube Feeding Troubleshooting Guide available at: https://cdn.ymaws.com/oley.org/resource/resmgr/docs/tf_troubleshooting_guide_19.pdf
- Call your healthcare provider for additional assistance

