

What is a Percutaneous Endoscopic Gastrostomy (PEG) Tube?

A PEG is a feeding tube that is placed through the skin by an opening created in the stomach with the help of an endoscope. The endoscope is used to determine where to place the feeding tube in the stomach wall.

What is the tube used for?

A PEG provides direct access into your stomach so food and liquids do not have to go through your mouth and down your esophagus. Digestion and absorption continue to work the same as if you had eaten food. A PEG **does not prevent** someone from eating food or drinking liquids.

Purposes of a PEG:

- 1) To safely take medications
- 2) To help meet your hydration needs
- 3) To help meet your nutrition needs (calories and nutrients)

How do I get a PEG?

- You will be referred to a provider who will review your medical history, determine if a PEG placement is safe and provide you with education about the PEG, risks involved, and the care and use of the PEG. You will also meet with a Registered Dietitian to develop a nutrition plan.
- You may need to see the Pre-anesthesia Testing Center (PETC), where an anesthesia nurse will review possible risks associated with anesthesia specifically with regards to your medical history and answer any questions you might have.

A date will be set for both the PEG placement and a 7-10 day post-PEG check. The purpose of the post-PEG appointment is to adjust the tube, make sure the site is healing and your tube is working, review your nutrition plan, and answer any questions. **If you do not have a follow-up appointment scheduled, please contact your provider's office who placed the PEG.**

How do I get ready for PEG placement?

- Please review the "PEG Procedure Information" handout
- Bring a list of current medications and any medication allergies you have

What will happen during the PEG placement?

- A healthcare provider will explain the benefits and risks of the procedure and ask you to sign a consent form
- An IV will be placed for necessary medications and fluids before, during, and after the procedure
- Anesthesia will be given and monitored by an anesthesiologist or certified nurse anesthetist
- A tube with a camera and light (endoscope) will be used to look inside your stomach to guide PEG placement and the PEG will be placed
- The procedure takes about 30 minutes. However, you will need to plan on being in the endoscopy area for 3-4 hours
- **You must have someone with you to drive you home.** You will not be able to drive the rest of the day since you will be given anesthesia

What happens after PEG placement?

- A bandage will be placed over the tube site at the time of placement. This bandage should be removed the following day at home
- After removing the bandage, you should begin using the drain sponges under the external bolster of the PEG until you no longer have drainage. We do NOT recommend taping the drain sponge to the skin. This allows for air circulation which is helpful in healing and preventing infections at the site
- You should turn the PEG a quarter turn each day
- You will feel soreness at the tube site for 2-3 days. Please call if you are having pain that is not improving after 2-3 days. You will be given medication to help with the post-procedure pain
- You can start to use the tube 3 hours after placement unless advised otherwise
- Your healthcare provider will tell you when you can eat and drink after PEG placement
- You may shower 24 hours after PEG placement. Do not take a tub bath until after your PEG check appointment (usually 7-10 days after placement) or until the health care provider says that it is OK.
- Once your PEG site is healed (generally around 4 – 6 weeks) it is okay to go swimming