

Balloon Gastrostomy feeding tube care advice

Information for
patients

If there are leaks of fluid around the gastrostomy tube, OR pain on feeding OR new bleeding, OR the tube falls out, stop feed immediately and telephone for urgent advice.

**CONTACT WARD J91 AT SJUH ON (0113) 2069191
OR (0113) 2068291**



NAME	
NHS NUMBER	
TUBE TYPE (MANUFACTURER)	
TUBE SIZE (FR)	
DATE OF PLACEMENT	

Comfort and Safety

Always wash your hands before handling your feeding tube or gastrostomy site.

If you have concerns about the position of the tube, ask your company nurse to show you how to check the tube position with pH paper.

Skin care and Tube position

NEVER GIVE A FEED IF YOU ARE UNSURE OF YOUR TUBE POSITION

For the first 7 days after insertion, clean your gastrostomy tube site daily with cooled, boiled water. After 7 days, you can use warm, soapy water. After cleaning, always dry gently. Make sure the fixation plate is sitting against your skin (approximately 0.5 cm away from the entry site) and if possible, secure your tube above the entry site to prevent the tube from dragging.

Avoid using cotton wool, talcum powder or creams on your site. If you have any signs of swelling, redness, odour or irritation, contact your community nurse, company nurse or dietitian for advice. Some clear discharge may be present; this is normal.

Tube care

After the tube has been in place for 14 days, rotate your tube around 360 degrees (once, per day).

Every 2 weeks, the water in the balloon (which is inside the stomach) will need to be changed. The balloon starts to lose water over time so the tube is at risk of falling out if this is not done. Your community nurse can do this for you. After checking the balloon, it is important to check the tube position using pH paper. In time, the community nurse may show you how to do this for yourself.

After 12 weeks, your tube will need to be changed. Your community or company nurse will do this for you. It is a simple procedure that can be carried out at home. It is important when your tube is changed, you always have a spare tube available. Contact your feeding company if you do not have a spare one.

If you prefer, you can remove the extension set when not feeding. If you do this, you must wash the extension set thoroughly after feeding (in the same way as you do your syringes, see page 8 in the “Your Guide to Using Your Feeding Tube at Home” booklet. Your extension set should be changed weekly.

Positioning during feeding

When you are feeding, particularly during the night, ensure you are propped up with pillows. This will allow the liquid feed to move out of your stomach properly, preventing you from being sick.

What to do if my tube falls out

In the unlikely event your tube falls out, contact your community or company nurse as soon as possible and locate your spare balloon gastrostomy tube (this should have been provided with your first delivery). You should always take this tube with you if you are away from home for long periods of time (e.g. holidays).

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