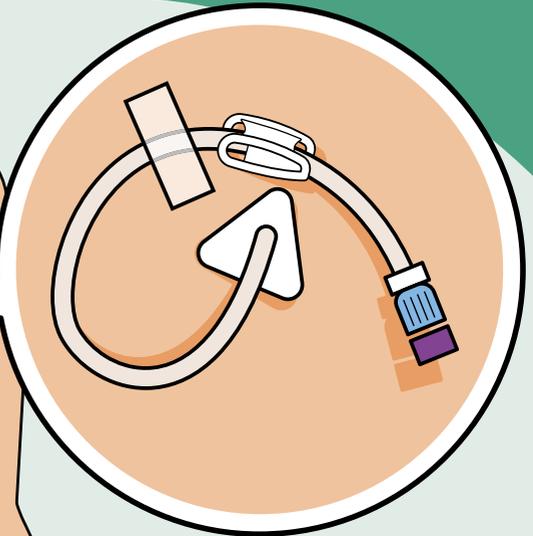
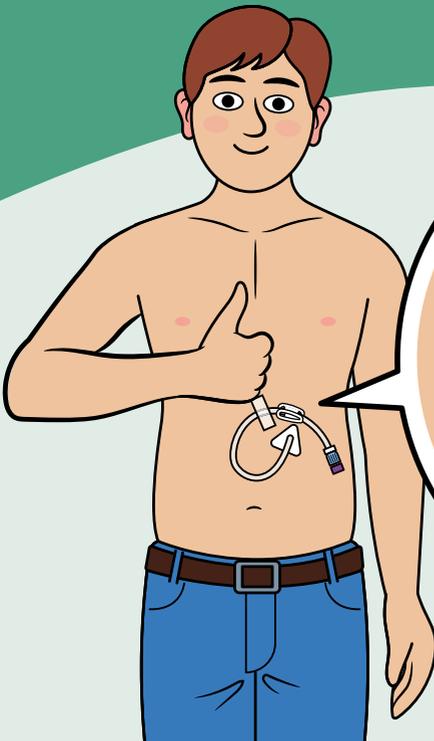


# PEG Tube (Freka) Aftercare

Information  
for patients

**Easy  
Read**



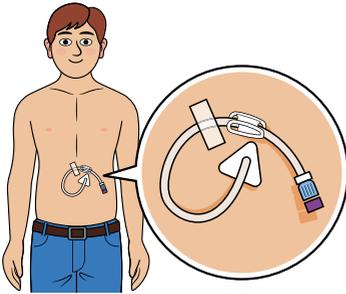
## easy read



This booklet uses easy words and pictures.

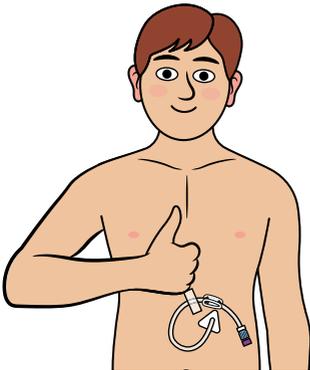
You might want to ask someone to help you read it.

## PEG (Freka) Tube



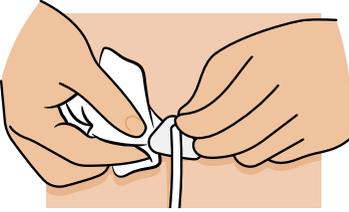
You have had a PEG (Freka) Tube fitted.

## Look after tube



You need to look after the tube to keep it healthy.

## Clean skin



## call nurse



## take photos



You should clean your skin around the tube site with sterile water (or cooled, boiled water) and a piece of gauze.

Do not use cotton wool.

If your tube site is bleeding, red, swollen, painful or looks infected you should call your enteral feeding nurse for a review.

It can be useful to take photos of your button if you're worried.

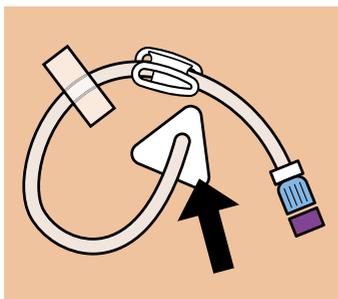
Keep a diary and show your nurse.

## support



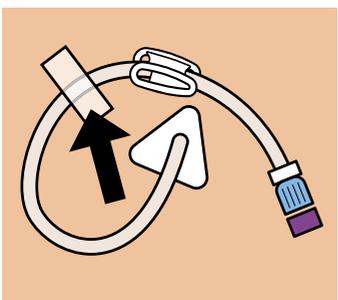
You might need help from someone you trust to do this.

## fixation plate



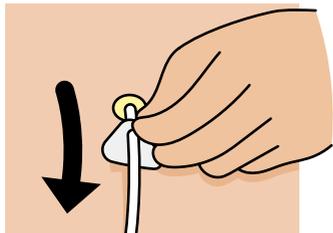
There is a fixation plate on the tube this should be positioned slightly away from the skin.

## secure tube



Secure your tube, with tape, above the entry site.

## adjust fixation plate



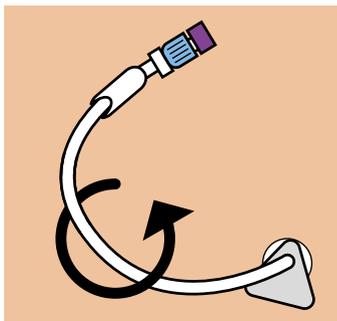
If the fixation plate looks and feels too tight, it should be adjusted.

## call nurse



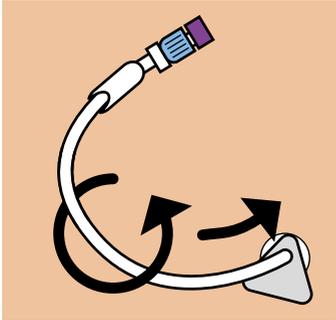
If you are not sure how to do this you can call your enteral feeding nurse.

## turn tube

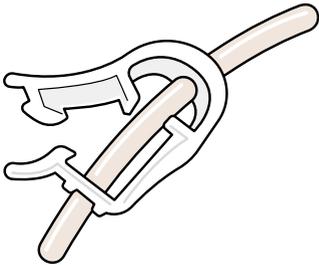


Every day you need to turn the tube 1 full circle.

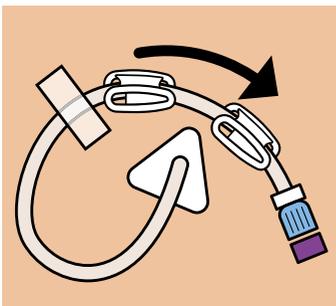
## push and turn



## clamp open



## clamped

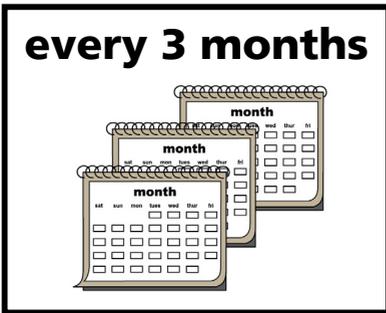


Then once a week you need to push the tube inside the stomach a 1-2cm and turn 1 full circle.

You will have a clamp on your tube.

It is good to leave the clamp open when the tube is not in use.

if you choose to clamp the tube, you should change the position of the clamp daily to prevent damage.

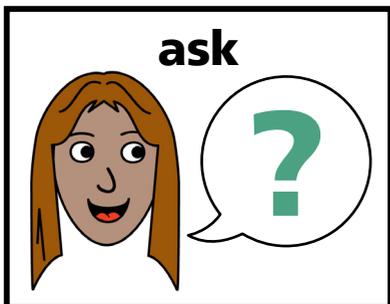


If your Clamp breaks you can ask your enteral feeding nurse for a replacement.

Your PEG Tube will need replacing every 3 months.

If your Tube falls out replace with your spare and call the enteral team for advice.

If you do not have a spare ring 111 for your nearest Emergency Department and advice.



If you have any questions, you can ask the staff.



If you have a Learning Disability or Autism diagnosis please complete a Health Passport and return it to the Learning Disability and Autism team on:

**leedsth-tr.lidautism@nhs.net**



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