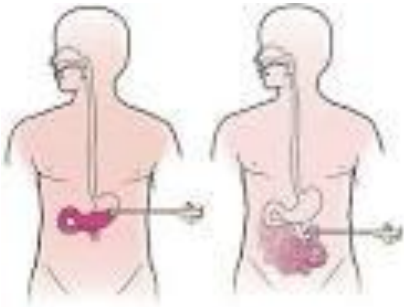




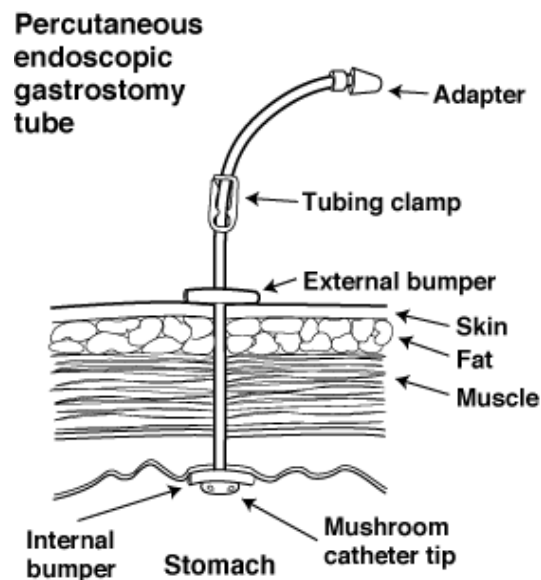
Patient Name: _____



Patient Teaching Guide for Enteral Care and Feedings

Your doctor has placed a tube through your abdomen to help you take in nutrition and medicine that can no longer be taken by mouth. If the tube goes directly into your stomach it is called a Percutaneous Endoscopic Gastrostomy tube or PEG tube for short. If the tube goes directly into your small intestines it is called a Jejunostomy tube or “J-Tube” for short.

I have a: _____ tube.



Here are some really important things you must do to help in your care

Daily Site Care: Good care and cleaning of the tube site will help prevent infection.

- **Wash** the site where the tube enters your body with soap and water every day. Rinse and dry well. You may shower after the 3rd day
- **Keep good air flow:** Do not put a dressing under the “bumper”. It’s important to keep good air flow and circulation in this area. You may use a swab or gauze pad to get underneath the bumper when cleaning the site.



Patient Name: _____

- **Check for infection:** Observe the site daily for any signs of infection: heat, redness, pus-like drainage, or pain. You should have a thermometer in the house to check your temperature. Any temperature over 100.4 F should be reported to the doctor.
- **Check for position:** Observe the site daily to make sure the tube is staying in place. There are marks on the tube that help to monitor its placement, but sometimes these marks wear out over time. Measure the length from your skin to the bumper to make sure that the tube has not moved.
- **Secure:** Keep the catheter secured so that it doesn't get pulled by clothing or bed linens.

For your Safety:

- **Trace:** Before you attach anything: If you have more than one type of tube in your body, always trace your connection to make sure that you are attaching to the correct tube.
- Never use any dye or added colors to the nutritional formula. These can stain the tube.
- **Elevate:** Keep your head and chest elevated at 30° to 45° during and immediately after all feedings.
- **Cleanse:** Wash your hands, work area, and supplies after each use. Use a new feed bag each day.
- **Storage:** Any open food cans should be covered and refrigerated. They are good for up to 24 hours. These cans may be recycled.

Call Your Nurse or Doctor: _____

- If you have any signs of infection
- If you are constipated or have diarrhea
- If you are experiencing Nausea or Vomiting
- If you are experiencing abdominal pain
- If there is leakage around your catheter
- If your catheter comes out

Medication through your Catheter:

Whenever possible, medication given through your catheter should be in liquid form. However, not all medications come in liquid form. Some pills and capsules must not be crushed. Your nurse or pharmacist will instruct you on which medications may be crushed and dissolved in water. If you are unsure about your medications, you can also go on the internet to see if the medication can be crushed:

ISMP (Institute for Safe Management Practice) <http://www.ismp.org/tools/donotcrush.pdf>

Notes: _____

References

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