

# HOW TO ADVANCE AND ROTATE A PERCUTANEOUS ENDOSCOPIC GASTROSTOMY (PEG) TUBE

If the stoma is less than 2 weeks old, contact your healthcare professional or Nutricia Homeward Nurse for advice on when to start advance and rotation.

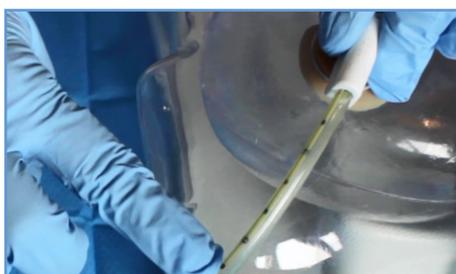
You must always follow the instructions given by the manufacturer and the advice of your healthcare professional, dietitian and Nutricia Homeward Nurse.

If you are unsure, contact your managing healthcare professional or your NutriciaHomeward Nurse for advice.

Always wash your hands before and after handling the tube, and dry them thoroughly; apply gloves.

You will need:

- Water, amount and type (e.g. cooled, boiled) recommended by your healthcare professional.
- Clean cloths or gauze
- Lubrication if needed



Check the cm markings on the tube at the skin surface are the same as last time

## NOTE:

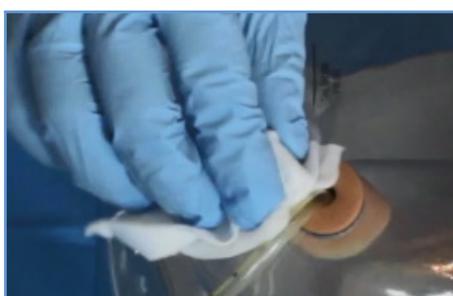
If tube position has changed, do not use and contact your healthcare professional or Nutricia Homeward Nurse to confirm placement immediately.



Close the clamp



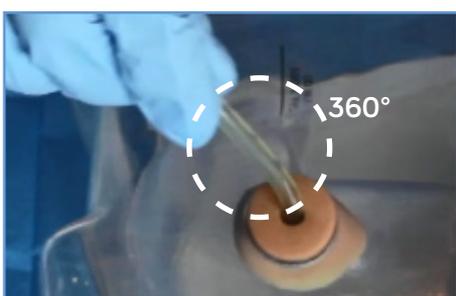
Open and move the external fixation device to allow access to the skin around the stoma site



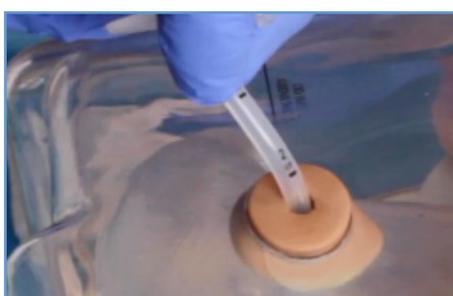
Clean the skin around the stoma site using cooled boiled water\*, a clean cloth/gauze, then dry thoroughly



Make sure to clean the tube with a fresh cloth or gauze where it will be pushed into the patient's stomach



Gently advance the tube a minimum of 2-3cm into the stoma tract and rotate 360°



Gently pull the tube back, until slight resistance is felt



Confirm the cm markings remain the same as before moving the tube

\*As recommended by your healthcare professional.



Ensure the skin and fixation device are thoroughly dried



Replace and close the external fixation device so it lies 2-5mm from the skin surface

If the cm graduation marking has changed, if there is any discomfort, or you are unable to advance or rotate the tube, **DO NOT** use the tube and contact the managing healthcare professional or Nutricia Homeward Nurse immediately.



Remember to open the clamp once the procedure is done

Repeat at least once a week, no more than once a day.

If you are unable to advance and rotate contact the managing healthcare professional or Nutricia Homeward Nurse immediately.

Clean and dry skin around the stoma site daily.

This information is intended for patients, or carers, who are being enterally fed.