



# PREVENTING INFECTION WHEN TUBE FEEDING AT HOME

## WHAT YOU SHOULD DO TO PREVENT INFECTION:

### 1. CHECK THE STOMA DAILY

The tube site, or stoma, is the opening on the skin where your feeding tube enters your body. Check your stoma daily for skin irritation or infection. Call your health care professional if you experience:

- Unusual weakness
- Blood in or around your feeding tube
- Feeding tube clog that cannot be flushed out with warm water
- Leaking around the tube site (stoma)
- Redness, soreness, or swelling at the tube site (stoma)
- Unusual, excessive, or foul-smelling drainage from the tube site (stoma)

### 2. PROPER CLEANING

Keep your skin clean and dry to avoid irritation and breakdown, by following these steps:



**a. Wash** your hands.



**b. Gather** the equipment you need to clean the tube site: soap, cotton-tipped swabs, wash cloth, towel, and warm water.



**c.** Gently **wash** and clean skin with the cloth, soap, and water.



**d. Start** at the tube and work outward in circles.



**e. Clean** under the skin disk or external hub with the soap and water using the cotton swabs.

**f. Rinse** with warm water and dry completely with the towel.

If your health care professional has instructed you to use a dressing, apply it as directed. It is important to change your dressing every day. If it becomes wet or soiled, it should be changed immediately.

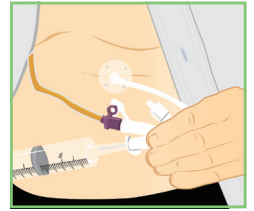
### Why it's important to practice proper care and maintenance of your feeding tube:

- Improper care may lead to infection.
- Infections can cause interruptions to your feedings and keep you from getting the nutrition you need.

### 3. PROPER PLACEMENT

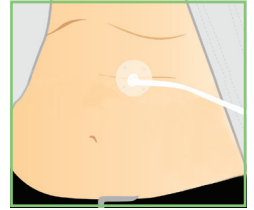
#### Gastrostomy Tube (G-tube or PEG)

If your G-tube is kept in place with a skin disk, make sure it is not tight against the skin and check its position using the markings on the tube. Gently rotate the tube a full circle by rolling it between your thumb and index finger. The tube should have in-and-out play of about 1/4 inch.



#### Jejunostomy Tube (J-Tube)

Your J-tube skin anchor is secured with sutures to your skin. The J-tube site should be cleaned daily with a clean washcloth, soap, and water, and the site inspected to make sure the sutures are intact and there is no redness or drainage at the insertion site. Do not attempt to turn the J-tube or move it in or out.



### 4. WHAT TO DO IF YOUR FEEDING TUBE COMES OUT OF PLACE:

- If your feeding tube is partially out of place:
  - **Do not use** the tube.
  - **Check** to see how much the tube has shifted by comparing its markings to your records.
  - **Tape** the tube to your skin to prevent further movement.
  - **Call** your health care professional as soon as possible.
- If your feeding tube comes out completely:
  - **Cover** the insertion site with a clean dressing.
  - **Go** to your hospital emergency room.
  - **Take** the feeding tube with you.

### PRACTICE GOOD ORAL HYGIENE

You might not be able to eat or drink, but proper mouth care is still important.

- Brush your teeth, gums and tongue with a toothbrush and a small amount of toothpaste at least twice a day.
- If your mouth or lips are dry, ask your health care professional to recommend a lip balm or moisturizer.

Name of health care professional: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Patient plan: \_\_\_\_\_

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