



THE BASICS OF GASTROSTOMY TUBE FEEDINGS AT HOME

A gastrostomy tube, also known as a G-tube or PEG tube, is a feeding tube that passes through the abdominal wall and into the stomach.

HOW TO MANAGE G-TUBE FEEDINGS:

1. PREPARE

- **Gather** all equipment and ensure it is clean.
- **Wash** your hands with soap and water.
- **Prepare** the formula; if the formula was refrigerated, let it sit at room temperature for half an hour.
- **Check** your feeding tube position as directed by your health care professional.
- **Flush** your feeding tube with the prescribed amount of water.

2. DELIVER

For gravity feedings

- **Hang** the feeding container about 60 cm (2 feet) above and to the side of your feeding tube.
- **Remove** the cap from the end of the feeding set.
- **Prime** the feeding set.
 - **Open** the roller clamp and let the formula flow until it comes out the end of the tube.
 - **Close** the roller clamp.
- **Choose** a safe, comfortable position (sitting up in a chair, in bed, or on a couch).
- **Insert** the tip of the feeding set into your feeding tube.
- Slowly **re-open** the roller clamp on the feeding set.
- **Set** the feeding rate according to your feeding plan.
- **Use** the roller clamp to control the flow until you achieve your desired rate.
- When the feeding is complete, **close** the roller clamp.

IF YOUR HEALTH CARE PROFESSIONAL PRESCRIBED EXTRA WATER AFTER FEEDINGS:

- **Pour** the prescribed amount into the feeding container.
- Slowly **open** the roller clamp on the feeding set.
- **Use** the roller clamp to control the flow until you achieve your desired rate.
- When the water is finished, **close** the roller clamp on the feeding set and disconnect it from your feeding tube.

There are three methods for delivering a G-tube feeding:



Gravity feeding

- The formula is placed in a container suspended above you and flows down through your feeding tube.
- A roller clamp on the feeding set and the height of the bag control the feeding rate.



Syringe (bolus) feeding

- Drip method: The formula is placed in a syringe and flows slowly into your feeding tube; the height of the syringe controls the feeding rate.
- Push method: The formula is injected gently into your feeding tube.



Pump feeding

- The formula is fed directly from a ready-to-hang container or poured into a feeding container.
- The feeding pump is used to control the rate at which the formula flows through your feeding tube.



For syringe feedings

- **Choose** a safe, comfortable position (sitting up in a chair, in bed, or on a couch).
- **Drip method:**
 - **Remove** the plunger from the syringe.
 - **Pour** measured formula into the syringe.
 - **Put** the tip of the syringe into your feeding tube.
 - **Hold** the syringe above your stomach.
 - **Allow** the formula to flow into your feeding tube until gone.
- **Push method:**
 - **Draw** formula into the syringe by pulling back on the plunger.
 - **Put** the tip of the syringe into your feeding tube.
 - **Hold** the syringe above your stomach.
 - Slowly **inject** formula into your feeding tube using the plunger of the syringe.

IF YOUR HEALTH CARE PROFESSIONAL PRESCRIBED EXTRA WATER AFTER FEEDINGS:

- **Drip method:**
 - **Remove** the plunger from the syringe and put the tip of the syringe into your feeding tube.
 - Slowly **pour** the prescribed amount of water into the syringe and allow it to flow into your feeding tube until it is gone.
- **Push method:**
 - **Draw** the prescribed amount of water into the syringe by pulling back on the plunger.
 - **Put** the tip of the syringe into your feeding tube and slowly inject water using the plunger of the syringe.



Call your health care professional if you experience:

- Vomiting
- Blood in or around your feeding tube
- Formula or stomach contents leaking around the tube site (stoma)
- Red, sore, or swollen tube site (stoma)
- Feeding tube clog that you cannot flush out with warm water
- Unusual, excessive, or foul-smelling drainage from the tube site (stoma)

Name of health care professional: _____

Phone: _____

Email: _____

Patient plan: _____
