



M.P. SHAH HOSPITAL
A Legacy of Care

PEG FEEDING

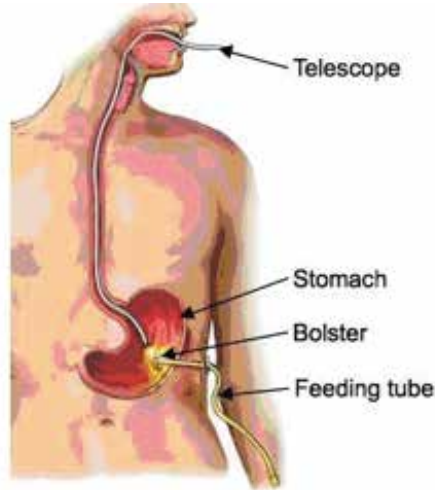


Figure 1
A feeding tube placed in the stomach

WHAT IS THE MEANING OF PEG FEEDING?

The PEG feeding tube has a small plastic disc inside your stomach and another small disc on top of your skin where the tube is inserted. These discs prevent the tube coming out or the whole tube ending up in your stomach

Percutaneous means through the skin.

Endoscopic means that a small, long, thin and flexible tube (endoscope) is used to position the tube in the stomach.

Gastrostomy means making an opening into the stomach.

PEG feeding tubes can also be hidden under your clothes so that no one needs to know you've got one.

WHY PEG FEEDING

- A PEG feeding tube can be used if you have difficulty with swallowing or have a problem that causes a risk of swallowed food going into your lungs rather than into your stomach. The possible causes of these problems include having a stroke or a condition that causes weakness of the muscles needed to make sure that all swallowed food ends up in the stomach rather than in the lungs.
- A PEG feeding tube can also be used if normal feeding is not enough to provide all of the body's needs. Examples of this may be for people with cystic fibrosis or if you need to have dialysis for kidney failure.
- PEG tubes may also be used for many other conditions such as bowel cancer, after a head injury, Crohn's disease or severe burns.
- A PEG feeding tube may be used for children as well as adults. A child may need a PEG feeding tube for various conditions including any condition that causes difficulty with swallowing.



HOW PEG TUBE IS INSERTED

- Usually done at the endoscopy unit after being given an injection to make you sleep (mild sedative).
- Local anaesthesia will then be given to numb the skin at the insertion point of the PEG tube.
- An incision is then made and the tube is fixed and an outer ring is left on the skin surface. This may take 20 to 30 minutes.
- One can feed after 4 hours of insertion or it may take up to 24 hours.
- A PEG feeding tube cannot be inserted if you have a problem with blood clotting, if you are very unwell or if you have a severe infection. There may be other reasons why a PEG feeding tube is not a good idea for you and this can be discussed with your specialist and nurse.

HOW TO CARE FOR AN NGT POST INSERTION

- Demonstration on how to feed is normally shown to patients and relatives.
- A nutritionist can be involved to build up a menu as per patients' needs and requirements.
- Insertion point should be kept clean and check for signs of infection i.e. redness around the skin area, pain, pus formation.

WHAT ARE THE COMPLICATIONS OF PEG FEEDING?

- Infection around the skin area
- Mild discomfort
- Leakage around the insertion point post feeding
- Accidental removal of the peg device
- Bowel Perforation - Tube causing holes in bowel from insertion site
- Bleeding

REFERENCES

<https://www.asge.org/home/for-patients/patient-information/understanding-peg>

<https://emedicine.medscape.com/article/149665>