

PEG

In children and adults with cystic fibrosis (CF) maintaining optimal nutrition may be problematic. A Percutaneous Endoscopic Gastrostomy (PEG) feeding tube can improve nutritional status and lung function.

What is a PEG?

A PEG is a procedure to put a soft silicone feeding tube into the stomach, the PEG tube comes out of a small hole in the abdomen called a stoma. A gastrostomy allows extra fluid and calories to be delivered directly into the stomach.

Types of gastrostomy:

- **Gastrostomy tube** - A longer tube that sits on the abdomen.
- **Button (Low Profile Device)** - A tube that sits flat against the abdominal wall that is easy to conceal under clothing. Usually used to replace the PEG tube after 3 months when the stomach has healed.

Tube Care

- Check the tube and stoma each day for - leaking, redness, pus or bleeding
- Clean the skin around the tube daily with soap and water. Use a cotton-tip or tissue
- Clean the feeding port to remove oil or food daily with a soft cloth or cotton-tip
- Rotate the tube in a full circle, this prevents the tube attaching to the skin

Problem Solving

- **Skin Care** - redness/soreness around the skin and stoma could be related to leaking of stomach contents. Clean and dry the area frequently. Contact the gastroenterology department if leaks persist
- **Granulation Tissue** - granulation tissue is the result of the body repairing the surgical site. Sometimes tissue overgrows and requires treatment. If a large amount of tissue builds up and bleeds, contact your gastroenterology department

- **Blocked Tube** - Prevent blockages by flushing the tube with water before and after each feed or giving medications. Flush regularly during continuous feeds. Use liquid medications when possible, crush tablets thoroughly. Never force fluid through the tube, try lukewarm water to dissolve the clog
- **Tube falling out** - *DON'T PANIC*. If the tube comes out partially keep it in place with tape. If it falls out completely and no one is available to replace it, cover the site with a dressing and go to the nearest Emergency Department as the tube needs to be replaced as soon as possible to prevent the tract closing

Useful Resources

- CFFood: Nutrition and Cystic Fibrosis, A Guide for Children https://www.cfw.org.au/wp-content/uploads/2017/12/Nutrition_for_Children.pdf
- CFFood: Nutrition and Cystic Fibrosis, A Guide for Young People <https://www.cfw.org.au/wp-content/uploads/2017/12/Nutrition-for-Young-People.pdf>
- CFFood: Nutrition and Cystic Fibrosis, A Guide for Adults <https://www.cfw.org.au/wp-content/uploads/2017/12/Nutrition-for-Adults.pdf>
- CFBites: Snack and Meals for those with Cystic Fibrosis <https://www.cfw.org.au/wp-content/uploads/2017/12/CF-Bites.pdf>
- CFCooking www.cfcooking.org
- Procedural Anxiety Factsheet <https://www.cfw.org.au/wp-content/uploads/2017/12/CF-Fact-Procedural-Anxiety.pdf>

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