

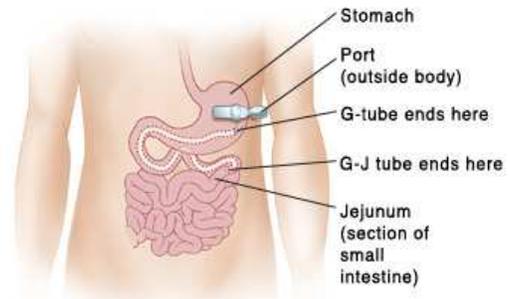


G-TUBE DISCHARGE EDUCATION

Information:

A Gastrostomy (G-Tube) tube placement is the insertion of a tube through the abdomen wall and into the stomach. The tube is used for feeding or drainage. It can be inserted in a minimally invasive procedure performed by an interventional radiologist.

The purpose of gastrostomy tube placement is generally to provide a patient temporary or permanent feeding directly through a tube in the stomach.



What should I expect after the G-Tube Placement?

- Expect to feel some pain, such as pain at the incision and cramping or gas pain. You can take ibuprofen or Tylenol for discomfort.
- The initial dressing over the incision area can be removed after 24 hours.
- The incision area takes about 5 days to heal. Keep the region around the incision site clean and dry. No baths, hot tubs, swimming pools with tube in place. Okay to shower if you cover the tube so the site of tube placement does not get wet to prevent infection from occurring.
- **If you experience leakage around the tube, the most common cause is the bumper is not tightened against the skin.**
 - **To tighten the bumper:**
 - **Pull gently on the tube so the retention balloon underneath the skin is pulled up against the skin under the tube.**
 - **Push the bumper down until it is tight against the skin without a gap between the skin and the bumper.**
 - **If you experience weight loss, the bumper will have to continually be tightened to reduce leakage.**
- **There are retention sutures surrounding the site where tube was placed. These will fall off in 2 weeks after placement. If you experience pain that extends past the two weeks, and the retention sutures are still in place, please call IR (541) 618-5801 to have them removed to alleviate the pain.**
- It is normal for there to be some drainage around the tube requiring periodic dressing changes.
- You should be able to gradually return to normal activities, depending on your overall condition. Ask your healthcare provider about any activity restrictions.

Bathing & Wound Care:

- It is okay to shower 24 hours after the procedure. Gently wash the site with soap and water, do not scrub. If a crust forms, use half strength hydrogen peroxide (half water half hydrogen peroxide) and a Q-tip to clean.
- Do not submerge in water (bath, hot tub, swimming pool, etc...).
- Daily care and maintenance of your gastrostomy site and G-tube care are important parts of your tube feeding routine. Keeping the gastrostomy site clean and dry helps to guard against skin irritation and infections. Cleaning the tube will help it last longer.

- Clear liquids to drink for first 12 hours after the tube is placed. At 12 hours after the procedure, okay to ingest smoothie or boost. At 24 hours after the procedure, okay to resume normal diet. Do not use feeding tube to feed through for 24 hours after placement.

Flushing Instructions:

Flush the feeding tube with warm water and a clean syringe before the first daily feeding, after the last daily feeding, and other times. Follow the steps below:

1. Fill a clean bowl with warm water (tap water is ok).
2. Draw up 60 cc of warm water in a syringe.
3. Put the tip of the syringe in the feeding port.
4. Push the plunger down and let water run through the feeding tube.
5. Start the feeding or close the cap on the feeding port.

Things to Look For:

- Skin redness (greater than 1/2 inch) around the tube
- Drainage or leaking
- Discomfort or pain around the tube
- Increased redness, drainage or pain can mean the tube, or internal or external bolsters are incorrectly positioned or secured. It may also mean an infection. This situation may require medical attention.
- The tube comes out or becomes blocked.

Follow-up visit information:

Call your primary doctor after discharge for a follow-up appointment if you don't already have one. Follow up with Interventional Radiology is not routinely necessary

Occasionally, a situation will require prompt attention and an emergency room visit is necessary:

- Your procedure site starts bleeding and will not stop after 10 minutes of firm pressure
- You have shaking chills or a temperature over 102°F
- Sudden shortness of breath
- Severe, increasing pain (or pain where the procedure was performed)

With these urgent situations, please call Medford Radiology for the best course of action.

If you received Conscious Sedation (IV sedation) or General Anesthesia and are discharged the same-day:

- You must have someone drive you home when you leave the hospital.
- For 24 hours after your procedure, do not do anything where you need to be mentally alert. This includes making important decisions, operating machinery, signing important papers, etc.
- Eat light for the first 24 hours, and then start eating more as you are able. Drink plenty of fluids.
- **Sore throat or mild "hang over" type feeling for a day or two from the general anesthesia. This may include mild nausea.**
- If you are taking pain medications:
 - Take as directed
 - Do not drink alcohol while taking narcotic pain medication
 - Do not drive
 - If you are constipated, drink more fluids and eat more fiber. You can also use an over-the-counter stool softener.

For any questions please contact the Oregon Interventional Radiology clinic at 541-618-5801

In all emergency situations call 911