

Feeding Tube Placement - Discharge Instructions

Sedation:

- The sedation you received for your procedure is still in your system. Therefore, we would like you to take it easy the rest of the day and evening. We recommend that your caregiver remains with you for the remainder of the day.
- Do not drive and avoid drinking alcohol. Do not sign important documents or make legal decisions for the next 24 hours. No heavy lifting for 5-7 days.

Care after the Procedure

- You can still eat and drink by mouth unless your doctor has indicated otherwise.
- You may have a full or gaseous feeling in your abdomen after the procedure.
- To reduce the gas, drink 4-5 glasses, unless you are restricted for another reason.
- It is normal to have a moderate amount of discomfort around the tube site for a few days.
- You may experience abdominal discomfort the first night of the procedure, requiring stronger medications.
- Taking Acetaminophen (Tylenol) or Ibuprofen (Motrin or Advil) will help your pain.
- You will have a dressing around the feeding tube. It can be exchanged two (2) days after the procedure.
- You may shower two (2) days after the feeding tube placement.
- After the procedure you will have a few (usually 4) t-tacks (look like little buttons) that will eventually fall off after about a week. If these do not fall off after two (2) weeks, Please call our office at (941) 486-3491.
- Your Gastroenterologist or Oncologist will order your tube feeding that best fits your nutritional needs, as well as a home health nurse visit to set up tube feedings. Please call your doctor's office if this has not been done yet

When To Call:

- Chills or fever greater than 101.5.
- Bleeding or foul-smelling drainage around the tube.
- If you are having difficulty flushing the tube.
- If the tube comes out. (*If the tube comes out you must contact a doctor immediately)

If you experience any of these problems, please call Radiology Associates of Venice at **(941)486-3491** and ask for the IR Department. **If it is a medical Emergency, call 911.**

A written copy of these instructions were reviewed with and given to the patient and/or family on: Apr 9, 2019 11:44 am

Feeding Tube Care

A gastric or feeding tube is a surgically placed tube inserted through the skin into the stomach. Nutrition and medication can be infused through the tube which is left in place for a period of time, as determined by your referring doctor. People have gastric or feeding tubes because they cannot eat normally through the mouth, do not eat adequately, or need the tube for other medical reasons. Here are some tips for caring for a feeding tube:

1. Keep the area where the tube enters the skin clean and dry. A dressing (gauze) should be worn on your skin, around the tube to protect the area. The dressing should be changed daily for the first week after placement, or change if the dressing gets wet.
2. Wash hands with soap and water before handling the tube and changing the dressing.
3. Clean the area around the tube gently with mild soap and warm water. Remove the drainage and crusting. Dry around the tube and under the plastic stopper - IT IS VERY IMPORTANT TO KEEP THIS AREA CLEAN AND DRY. If this stays wet, it can lead to infection.
4. Apply a clean dressing. Usually a 4x4 gauze with a split 2/3 down the center, goes around the tube beneath the plastic stopper. The plastic stopper should be snug to the skin to keep the tube in place. Secure the new dressing with paper tape.
5. Flush the tube with water or an acidic fluid (soda or cranberry juice), at least 60 ml (same as 60 cc), after every feeding and medication administration.
6. Protect the tube so it does not get accidentally pulled out. Do not put any tension on the tube.
7. If pills must be crushed and given, only insert them through the "GASTRIC" portion of the tube. Pills should be crushed completely and dissolved in water prior to administering - if pills are not adequately crushed, the tube will become clogged and will need replaced.
8. If skin around the tube becomes red or irritated - apply Maalox, Desitin or zinc oxide after every use. You may see a small amount of blood around the tube only right after it is placed.

Symptoms of infection include redness, puss, severe pain, swelling and fever. Please notify your primary doctor if any of these symptoms occur.

If the tube comes out, cover the site with a clean dressing and call the RAVE office at (941) 486-3491 during weekdays Monday - Friday 8 am-5 pm, or go to the hospital as soon as possible.