



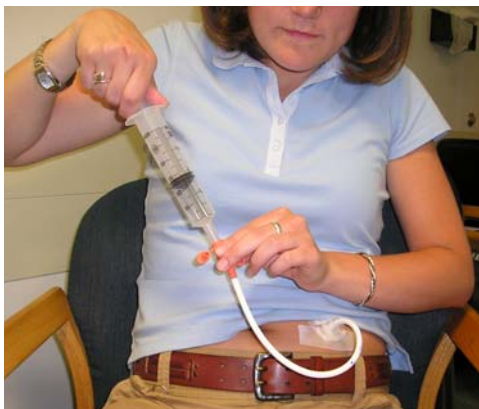
Information for You from Your Health Care Team

Continuous Tube Feedings Through Your Gastric Tube (PEG/ G-Tube)

Continuous Feeding

You may need tube feedings if you have problems eating, swallowing or are not able to maintain good nutrition. A gastric tube is inserted through the skin directly into your stomach. The following are the steps to give continuous or cyclic (overnight) nutrition through a gastric tube.

1. Wash your hands with soap and water.
2. Gather all of your supplies:
 - a. 60 cc syringe
 - b. Cans or bottle of formula
 - c. Feeding bag set
 - d. Infusion pump
 - e. Cup of water
3. Check your residual gastric content:
 - a. Connect the syringe to the end of your gastric tube.
 - b. Pull back on the plunger.
 - c. If you get more than 100 cc, return the gastric contents into your stomach through your tube and wait 1 hour before rechecking.
 - d. If you still get more than 100 cc when you recheck, call your doctor.



- e. If you get less than 100 cc, you are ready for your feeding.
 - f. You should check your residual gastric content before starting a feeding and every four hours when the tube feeding is running.
4. Draw up 30 cc of water into a syringe, connect the syringe to your gastric tube and gently flush. You should flush your tube with water before starting a feeding, every four hours during your feeding and at the end of each feeding.
 5. Get into a sitting position (at least sitting up 30°).
 6. Fill the feeding bag with your formula. (You will use a new feeding bag every 24 hours.)
 7. Attach the feeding bag to the infusion pump.
 8. Before attaching the tubing to your gastric tube, fill the tubing with the formula.
 9. Attach the tubing to your gastric tube.
 10. Turn the pump on, set the rate on your infusion pump and press “run”.

Call Your Doctor If:

- You cannot flush your gastric tube.
- You become nauseated, vomit or have diarrhea.
- Any formula is leaking from where your tube enters the skin.
- Your stomach feels hard or bloated.

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