

Peg Tube Preparation

Call the doctor's office if you are taking any of the following medications:

- Iron tablets
- Blood-thinning (anticoagulant) herbs or medicines including:

Aggrenox	Heparin
Apixaban (Eliquis)	Plavix (Clopidogrel)
Cangrelor (Kengreal)	Pradaxa (Dabigatran)
Cilostazol (Pletal)	Prasugrel (Effient)
Coumadin (Warfarin)	Rivaroxaban (Xarelto)
Dalteparin (Fragmin)	Ticagrelor (Brilinta)
Edoxaban (Savaysa)	Ticlid (Ticlopidine)
Enoxaparin (Lovenox)	Vorapaxar
Fondaparinux (Arixtra)	
- Diabetes Medications
- Chemotherapy Medications

Before your appointment:

You may need some teaching about the PEG tube and follow up care before you have the tube put in place. If someone will be helping you with your PEG tube care, bring them with you so they can be part of the teaching.

- Ask the specialist who is inserting the tube if you need to see a dietician or wound care nurse before your procedure.
- The specialist will refer you to see the dietician and wound care nurse.
- You should meet with these health care professionals before your procedure.
- Ask if you need any supplies for your PEG tube and feeding.
- Ask how you will get the supplies and who you should call if you have any questions about them.

Night before your appointment:

You must fast overnight (no food or liquids) after midnight the night before your test.

Day of your appointment:

You must not eat or drink anything on the day of your appointment.

What is a feeding tube?

Feeding tubes are used to give food, fluids and medicines. You may need a feeding tube if you:

- Cannot eat or drink
- Cannot swallow safely
- Need extra nutrition

There are many types of feeding tubes. One of the more common types is a PEG tube.

What does PEG stand for?

PEG stands for Percutaneous Endoscopic Gastrostomy tube.

- Percutaneous refers to something that is placed or passed through the skin
- Endoscopic is a procedure using a thin tube like device that has a light and lens for viewing. This device is called an endoscope and it's used to place the feeding tube.
- Gastrostomy is an opening in the stomach

What to expect after your peg tube insertion?

The area around where the PEG tube was placed may be a little tender or sore for the first week. Call your doctor right away if the dressing over your PEG tube site becomes soaked through (saturated) with blood or drainage during the first 24 hours after your tube is placed.

- Ask the specialist who is inserting the tube when to call the doctor if you are having problems. The office can list the reasons when you should call the doctor's office, go directly to the emergency department or call 911.

Reminder:

- You will need to stay at the hospital for 30 minutes to 1 hour following the peg tube insertion.
- If you received sedation medication for the peg tube insertion, you might be **considered impaired for up to 24 hours after the test.**
 - You **should not sign any legal documents.**
 - You **will not be able to drive** yourself home. You will need a trusted person to meet you at the endoscopy unit to pick you up from the hospital. If you do not have a driver your test may be canceled. A taxi is not acceptable if traveling alone.

- You **should not drink alcohol** or **take sleeping pills** or **anti-anxiety medications**.
- You **should not be responsible for another person's care**, e.g. a baby, young child, or person in poor health.

- You will be given directions about your diet and if you can begin to drink full fluids and advance to a diet as tolerated.
- If you take blood-thinning medication, discuss when to restart these medications with the doctor. Resume all other medications as usual unless told otherwise.

Peg Tube Preparation Instructions

Please note:

- Take your regular medications with a sip of water except for blood thinners and diabetic medications (you should have specific instructions for these medications). Call the physician who is doing your procedure for direction.

At midnight the night before your appointment:

- Do not eat or drink anything starting at midnight the night before your appointment and you must not eat or drink anything the day of your appointment.

Patient Appointment and Hospital Information

Hospital Arrival: You must arrive and register in the **Admitting Department 60-90 minutes before** your scheduled peg tube insertion. If your appointment is at **8:00 A.M.** you must arrive and register in the **Admitting Department at 7:00 A.M.** The peg tube insertion will take 20-30 minutes to perform, and you need to stay 30 minutes to 1 hour after it is over. Plan to be at the hospital for **1.5 to 3 hours** from start to finish.

Hospital Checklist:

- Bring a list of current medications.
- Bring your most recent glucose reading if you have diabetes.
- Bring a translator if you do not understand or speak English.
- Bring your PEI Health Card or proof of substitute medical insurance plan. If you do not have these, bring another form of personal ID.
- **Do not** wear any jewelry, e.g. rings, watches, earrings, bracelets, or necklaces.
- **Do not** bring any valuables.