



Having a PEG



PEG stands for **Percutaneous Endoscopic Gastrostomy**. It means a tube put through the skin with help from a camera.



A **PEG tube** is a special tube for feeding. It goes into your **stomach** through your skin. People need a PEG tube if they can't swallow well.



PEG tubes help you get food and drink if you can't eat enough. This stops problems like losing weight or getting infections.





To put in a PEG tube, doctors use a **gastroscope**. It's a tool that looks inside your stomach.



You must have an empty stomach for the PEG tube procedure. **Don't eat** for **6 hours** before.



You'll need to fill out some forms and talk with the doctor about **consent** before the procedure.





The PEG tube procedure usually takes about 20 minutes in a special unit or **Operating Theatre**.



You'll get a **small injection** to help you relax. It might make you feel a little **sleepy**.



Doctors will clean your skin where the PEG tube goes and make it numb. It should not hurt, but you might feel some **pressure**.



After the procedure, you will rest for about an **hour**. Nurses will check on you.



Once you feel better, you might stay in the **hospital** for a night or go **home**.

How to care for your PEG tube:



You'll learn how to care for your PEG tube. Nurses will show you how to keep it **clean**.





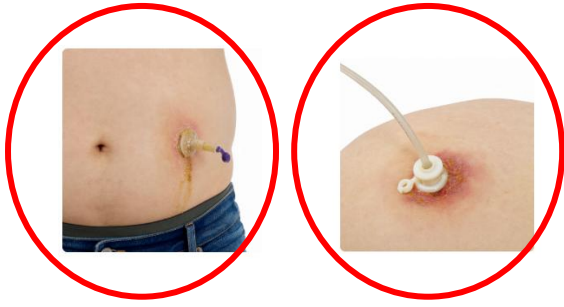
You will get a list of **phone numbers** for help at home if you have any **problems**.



PEG tubes can last a long time. They are usually easy to hide under clothes.



Always make sure to flush the PEG tube. This helps prevent **blockages**.



Tell a **nurse** or **doctor** if you notice anything unusual like **leakage** or **infection**



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Please contact the Patient Support and Complaints Team (PSCT) if you require this leaflet in a different format or would like to feedback your experience of the hospital.

Email ruh-tr.psct@nhs.net or telephone 01225 825656.

