

PEG Tube Preparation

Seven (7) days before your PEG Tube Preparation

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

| | |
|------------------------|------------------------|
| Apixaban (Eliquis®) | Clopidogrel (Plavix®) |
| Rivaroxaban (Xarelto®) | Ticagrelor (Brilinta®) |
| Edoxaban (Lixiana®) | Prasugrel (Effient®) |
| Dabigatran (Pradaxa®) | Warfarin |

- **Stop taking:** iron tablets and vitamins. Continue all other medications unless told otherwise.
- **Stop eating:** nuts and seeds, e.g., flax, sesame and chia seeds, berries and popcorn.

If you have diabetes: You can eat your regular diet up to 6 hours before your procedure. If you need clarification about your diabetic medication, please contact the physician doing the procedure for direction.

Make transportation arrangements: You will need a trusted person to take you home after the PEG tube procedure.

If you need clarification about your PEG tube preparation, please contact the physician doing the procedure for direction.

If you have an emergency the day of the PEG tube procedure, you must call the Endoscopy Unit where your procedure is scheduled:

- QEH Endoscopy Unit Tel: 902-894-0055
- PCH Endoscopy Unit Tel: 902-432-2541

Two weeks before your appointment

You may need some teaching about the tube and follow up care before you have the tube put in place. If someone will be helping you with your 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 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 procedure.

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:

- If you received **sedation medication** for the PEG tube procedure, you are 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. If you do not have a driver your procedure will be cancelled. A taxi is acceptable only if a trusted individual is accompanying you.
 - 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.
- If you take blood-thinning medication, discuss when to restart these medications after your PEG tube with the doctor. Resume all other medications as usual unless told otherwise.

Hospital Appointment and Arrival Information

Hospital Arrival

You must arrive and register in the Admitting Department **60 to 90 minutes** before your scheduled PEG tube procedure. If your appointment is at 8:00 AM, please arrive and register at 7:00 AM.

The PEG tube procedure will take 20 to 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 2 to 3 hours from start to finish.

Hospital Checklist

- Bring a list of current medications
- Bring a translator if you do not understand or speak English
- Bring a support person if you require assistance
- Bring your PEI Health Card or proof of substitute medical insurance plan
- **Do not** wear any jewelry, e.g., rings, watches, earrings, bracelets, or necklaces
- **Do not** bring any valuables

Peg Tube Preparation Instructions

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