

# Gastrostomy Tube Insertion

## Patient Information Sheet

A gastrostomy tube, also called a G-tube, has been passed through the skin into your stomach. This tube can be used to deliver food, nutrients, fluids, and medications directly into your stomach.

We are sensitive to your needs and concerns and want to let you know your safety and well-being are our primary concern. These instructions will help you understand the recovery process.

### Instructions after Gastrostomy Tube Placement

- Rest for the remainder of the day following your procedure.
- Have a responsible adult spend the night with you the night of your procedure.
- It is normal to feel mild abdominal discomfort for the next few days.

### Diet

- Your feeds may resume immediately or as ordered by the Radiologist.

### Medications

- If needed for pain or discomfort, take Tylenol (acetaminophen) for 48 hours following your procedure. Follow the directions on the label.
- **Do not** use Aspirin or ibuprofen products, such as Advil or Motrin, as it may increase the chance of bleeding.
- You may resume your usual medications unless instructed otherwise.

### Dressing Care/Tube Care

- Change the dressing if it becomes soiled or wet.
- Change the dressing around the tube once per week or as needed.
- Flush the tube with 30mLs of warm water after each feeding. Leftover feed in the tubing can cause a blockage.
- If using the gastrostomy tube to administer medication, **flush** the tube with 30mLs of warm water **before and after** administration to ensure that you receive the full dose and the tube is clear.



## Bathing

- You may shower or sponge bath, but keep the tube insertion site out of the water and dry.
- Clamp or close the tube before taking a shower.
- **Do not** bathe or swim (especially in lakes) while the tube is in place. Submersing the tube site increases the chances of developing an infection.

## What to watch for

- Fever more than 100°F (38°C) or chills
- Redness, pain, swelling, or leakage from the site
- A foul odour or pus at insertion site
- Vomiting
- If you have stitches that become loose or break
- If you are having difficulty flushing the tube
- If the tube becomes dislodged or pulled out

**If you experience any of the above changes call your doctor, Telehealth Ontario (1-866-797-0000), or go to your closest Emergency Department. Take this sheet with you.**

**Your tube will require routine changes; discuss this with your referring doctor. Your doctor will be required to complete and send an Interventional Radiology Special Procedures Requisition to Diagnostic Imaging to set up scheduled changes every 4-6 months.**

