

Preparing for your PEG placement procedure with UVA Digestive Health

You have been scheduled for a procedure to place a feeding tube. Please follow these guidelines to help make for a successful experience.

- **IMPORTANT:** If you take medications for diabetes or are on medications that thin your blood (such as Coumadin, Warfarin, Ticlid, Plavix, Lovenox, Pletal, Pradaxa, Xarelto, Persantine, Eliquis and Aggrenox), please call the doctor that prescribes your medication at least two weeks before your procedure date for further instructions regarding possible medication changes for your upcoming procedure.
 - If you take a daily aspirin, continue taking your aspirin.
- **Food and Drink:** DO NOT eat solid food or milk products after midnight the night before your procedure. You may have clear liquids, nothing red or purple, until 2 hours before you arrive for your appointment. DO NOT drink anything after that time or your procedure will be cancelled.
- **You MUST have a driver on the day of your procedure:** You will receive anesthesia medications on the day of your procedure, you must have a responsible adult 18 years or older who can drive you home. For your safety, UVA Health recommends that this person stay with you for several hours after your procedure. You may not drive for 24 hours after your procedure.
- **Visitors:** Please find the most up to date visitor information on the UVAHealth website <https://uvahealth.com/patients-visitors/visiting-patient>, or call us to ask if visitors are allowed at the time of your procedure (434) 924-9999.
- **Medication and allergy information:** Please bring a complete list of your current medications, their doses, and any allergies you may have.
- **Pacemaker or Internal Defibrillator:** Please bring your device information card with you.
- **CPAP Machine:** If you have sleep apnea and use a CPAP machine at home, please bring it with you even if you rarely use it. Ensure that all components, including the power cord, are included.

- **Personal belongings:** Please leave all jewelry and other valuables at home. Please do not wear contacts the day of your procedure. If you wear glasses, hearing aids, or dentures, please bring a case with you to store these items during your procedure.

- **Please note that UVA performs procedures at two locations.** Please confirm your location by referring to your appointment reminder letter.

We strive to provide the safest care for all of our patients. As a result, some procedures may take longer for some patients than others. Please arrive 45 minutes prior to your appointment time. We ask for your patience and that you plan to be with us at least 2 to 3 hours.

If you must cancel or reschedule your appointment, please call the UVA Endoscopy scheduling team as soon as possible at: (434) 924-9999.

What is a Percutaneous Endoscopic Gastrostomy (PEG) Tube?

A PEG is a feeding tube that is placed through the skin by an opening created in the stomach with the help of an endoscope. The endoscope is used to determine where to place the feeding tube in the stomach wall.

What is the tube used for?

A PEG provides direct access into your stomach so food and liquids do not have to go through your mouth and down your esophagus. Digestion and absorption continue to work the same as if you had eaten food. A PEG **does not prevent** someone from eating food or drinking liquids.

Purposes of a PEG:

- 1) To safely take medications
- 2) To help meet your hydration needs
- 3) To help meet your nutrition needs (calories and nutrients)

What will happen during the PEG placement?

- A healthcare provider will explain the benefits and risks of the procedure and ask you to sign a consent form
- An IV will be placed for necessary medications and fluids before, during, and after the procedure

- Anesthesia will be given and monitored by an anesthesiologist or certified nurse anesthetist
- A tube with a camera and light (endoscope) will be used to look inside your stomach to guide PEG placement and the PEG will be placed
- The procedure takes about 30 minutes. However, you will need to plan on being in the endoscopy area for 3-4 hours
- **You must have someone with you to drive you home.** You will not be able to drive the rest of the day since you will be given anesthesia

What happens after PEG placement?

- A bandage will be placed over the tube site at the time of placement. This bandage should be removed the following day at home
- After removing the bandage, you should begin using the drain sponges under the external bolster of the PEG until you no longer have drainage. We do NOT recommend taping the drain sponge to the skin. This allows for air circulation which is helpful in healing and preventing infections at the site
- You should turn the PEG a quarter turn each day
- You will feel soreness at the tube site for 2-3 days. Please call if you are having pain that is not improving after 2-3 days. You will be given medication to help with the post-procedure pain
- You can start to use the tube 3 hours after placement unless advised otherwise
- Your healthcare provider will tell you when you can eat and drink after PEG placement
- You may shower 24 hours after PEG placement. Do not take a tub bath until after your PEG check appointment (usually 7-10 days after placement) or until the health care provider says that it is OK.
- Once your PEG site is healed (generally around 4 – 6 weeks) it is okay to go swimming