

Gastrostomy Tube Removal

Preparation and after care guide



Your primary treating Doctor makes the decision, in conjunction with your dietician around permanent removal of your Gastrostomy.

Usually, they will trial a period of 6 months where the tube is not required at all before Finalizing and documenting this decision. You can then make an appointment with the PEG clinic for removal.

Before your appointment:

- Take any medications at least 4 hours before your appointment. Any medications that need to be timed more closely should be given with as much time as possible between giving and tube removal to avoid medication loss through the stoma once the tube is removed.
- Have a light meal 3 hours prior to your appointment then nil by mouth 2 hours prior.

After removal of the gastrostomy tube:

- Your child's tract will start to heal and close within hours of removing the feeding tube but it can take more than two weeks to close completely. It will leak during this time. After the tract closes, your child will have a small scar that may look like a dimple or a second belly button. In some children, the stoma does not heal on its own and needs to be surgically closed.
- A dressing will be provided in clinic after removal. Following this you will need to provide your own and the clinic can advise on the options.
- Change the dressing as often as necessary to keep the wound site dry. It may only need a Band-Aid, if leakage is very minimal. Once there is no leakage, no dressing is required.
- For a more cost-effective solution for ongoing leakage, breast pads are recommended as they are very absorbent and easily obtained from the supermarket or chemist. They can be secured by tape to your child's stomach or tucked under some tubular bandage.
- Avoid occlusive dressings like Tegaderm and IV3000. If necessary, create a pocket with an absorbent dressing inside, rather than fully enclosing the area.
- Protect the surrounding skin with a barrier cream (e.g. Vaseline or Phytoplex Silicone).
- Smaller meals should be eaten for the first 24-48 hours to allow the stoma to close. Larger meals may stretch the stomach, putting pressure on the stoma and preventing closure. Avoid liquid foods like soups and smoothies etc.
- In the first 24- 48 hours, limit the amount of liquid your child has in one sitting, instead having small sips frequently.
- The stoma may continue to seep for several days to weeks. This is normal and should not be concerning unless the surrounding skin starts to break down. An acid suppressing medication may need to be started if this occurs and can be prescribed by the PEG clinic.
- An appointment is usually made for a few weeks after removal.

What to avoid after removal of the gastrostomy tube;

- To prevent infection, do not bathe child in a bathtub, sit in a spa, or swim for at least two weeks post removal.
- Try to avoid exercise that puts extra pressure on your child's abdomen for at least a week; no jumping on the trampoline, bending over, no sit-ups or heavy lifting.
- Clean the area with warm water and a mild wash only. Avoid using any harsh soaps or creams, unless otherwise advised by the PEG clinic

If you have any concerns or questions post removal please book an appointment with the PEG clinic via the Contact Center on 9345 6180