

## PATIENT GUIDE

# PEG Tube Site Care & Dressing Changes

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You will need to clean the skin around your tube every day and apply a new dressing after each cleaning or when the dressing becomes saturated. The dressing will help absorb drainage and protect your skin. Tan to light yellow drainage is normal for the first 24-48 hours after placement.

Yellow drainage in small amounts – up to a quarter size may be normal. If the amount of drainage increases or if the area around the tube becomes red, warm, or tender to the touch, you must notify your doctor or dietitian immediately.

### To clean your tube site, you will need the following supplies:

- Washcloth (or extra gauze)
- Soap
- Towel
- Cotton swabs or Q-tips
- Gauze pad
- Scissors
- Tape (paper tape is preferred)
- Gloves (optional)

### Instructions for Cleaning:

1. Wash your hands and/or wear gloves.
2. Run the wash cloth under warm water and apply soap until bubbles form.
3. Using the washcloth, gently clean around the tube and under the plastic disk. You can use a Q-tip dipped in hydrogen peroxide to clean under the disk.
4. Be careful not to pull on the tube. You may gently twist the tube between your fingers to keep it from sticking.
5. Rinse the washcloth under warm water until it is free of soap and use it to rinse the residue from the PEG site.
6. Note: you can also wash your PEG site in the shower using the same process.
7. Dry your hands and pat the area dry with a towel.
8. If your tube is new or draining, take a new clean gauze pad and cut a slit halfway across the gauze. (You may also get pre-slit gauze pads).

9. Fit the gauze around the tube and under the disk. Tape the gauze in place.
10. Hold the tube against your abdomen and tape the tube down to secure it in place. Do not let your tube dangle as it can get caught on clothing.

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\*Remember to change your dressing **every day** or more frequently if it becomes saturated. Once there is no more drainage, you will not need a gauze dressing, unless you prefer it for comfort.

Once your tube site is healed, if further irritation at the site occurs, try a barrier cream such as Aquaphor Healing Paste Baby or Calmoseptine.

**Note:** When cleaning your tube, it is a good time to check to make sure that it is in the proper position. There are numbers along your tube. If the number changes by 2 or more digits, or if the mark moves more than 1 inch, call your doctor.

## Questions, Concerns or Problems

Should there be any questions, concerns or problems related to cleaning your tube, contact your doctor or you can reach out to Upstate HomeCare's Enteral specialists at **877.286.0800 x6058**.