

**PEDIATRIC PEG TUBE PLACEMENT PREP**

Ensure a legal parent or guardian will be in attendance the day of the procedure. If this is not possible, complete the consent form allowing a non-custodial parent to give consent.

Make plans to be with your child or have another adult present for 12 hours after the procedure.

**Cancel or Reschedule Your Appointment:**

If you develop COVID-19, are exposed to COVID-19 or have COVID-19 like symptoms at any point after you schedule this appointment, please call our office to determine if it is okay to proceed with your visit. COVID-19 guidelines for health care facilities may differ from community guidelines. In addition, if you are having flu-like symptoms (such as fever, cough, shortness of breath) within 14 days of your appointment, please call to reschedule. If you have any newly diagnosed medical condition (like diverticulitis, heart problems, breathing problems), please call our office. If you need to cancel or reschedule for any other reason, call 612-871-1145 at least 72 hours prior to your appointment.

**Transportation:**

The patient must be driven home from the procedure by a responsible person. Only one person is allowed to accompany the patient on the day of their procedure. A taxi ride is not an option unless the patient is accompanied by a responsible person. If a responsible person is not present, the procedure will be cancelled and rescheduled.

**8 hours before procedure arrival time:**

Stop eating solid foods

**6 hours before procedure arrival time:**

- Begin clear liquid diet (clear liquids include things you can see through).
  - Examples of a clear liquid diet include: Water, clear broth or bouillon (gluten free options available), Gatorade, Pedialyte or Powerade, carbonated and non-carbonated soft drinks (Sprite, 7-Up, Gingerale), strained fruit juices without pulp (apple, white grape, white cranberry), Jell-O, popsicles, and up to one cup of black coffee or tea (no milk or cream) each day.
  - The following are not allowed on a clear liquid diet: red liquids, dairy products, protein shakes, cream broths, juice with pulp, products containing oil and chewing tobacco.
  - For additional details on following a clear liquid diet, please see <https://www.mngi.com/conditions/clear-liquid-diet>

To meet energy needs, please include liquids that both contain sugar as well as those without. If your child is a diabetic, consult your physician for a diabetic meal plan.

**Day of procedure:**

Continue the Clear Liquid Diet up to **3 hours prior to your procedure**, then stop drinking. Avoid red liquids, alcoholic beverages, dairy products, protein shakes, cream broths, juice with pulp, products

containing oil, chewing tobacco and illicit drugs. Use of these will result in your procedure being cancelled.

**Morning Medications:** Your child may take all morning medications including blood pressure medications, blood thinners (if you have not been instructed to stop these by our office), methadone, and anti-seizure medications with sips of water **3 hours prior to the procedure or earlier**. Do not take any chewable vitamins or supplements. If your child has diabetes, contact your monitoring provider for further direction on insulin and/or blood sugar management.

- **3 hours prior:**
  - STOP consuming all clear liquids.
  - Do not take anything by mouth during this time.

**Bring the following to your procedure:**

- Insurance Card / Photo ID
- List of Current Medications
- Rescue Inhaler: Bring your child's rescue inhaler if they currently use one to control asthma
- Contact Lenses Supplies: Your child will be asked to remove contact lenses prior to the start of your procedure
- Advance Directives: If you have an Advance Directive, please bring a copy of your Advance Directive with you to your endoscopy appointment. Advance Directives are not honored at MNGI facilities, and in the event of a life-threatening situation, life support measures will be instituted in every instance and our patients will be transported to a higher level of care facility (i.e., hospital). In the unlikely event that you require an emergency transfer to a higher level of care facility, your Advance Directive should accompany you to that facility.

## **DESCRIPTION OF PEG PLACEMENT**

### **What is PEG placement?**

PEG (percutaneous endoscopic gastrostomy) is a procedure by which a feeding tube is placed to provide long-term nutritional support for patients who are unable to swallow as a result of head or neck tumors, trauma, stroke or other severe neurological problems.

### **What should I expect during PEG placement?**

Your medical history will be reviewed with you by your health care team including a nurse and your gastroenterology physician. An IV line will be placed. The procedure itself takes about 30 minutes to complete. A flexible tube called an endoscope is passed through your mouth into your stomach. An endoscope allows the physician to see the inside of your esophagus and stomach. It also helps locate the proper place in your stomach in which to position the feeding tube. Once the best location has been determined, the skin is numbed, and a small incision is made into the abdomen through which a small tube is inserted. This is the feeding tube. The tube is held in place by a small button-like object called a bumper. It is now possible for formula, fluid, liquid dietary supplements, and if directed, medications to go through the tube directly into the stomach. Minor discomfort during the procedure may be felt, such as abdominal pressure or bloating.

### **During the procedure:**

During your procedure, your health care team will administer medications and monitor vital signs. Your healthcare team will help determine the appropriate type of drug to be used during the procedure to keep you safe and comfortable.

### **What should I expect after PEG placement?**

After the procedure you will stay in the Endoscopy Department for a short period of time. If this is your first feeding procedure you will be admitted to the hospital for a day or two. Usually, the tube feedings do not begin until the following morning. Feeding tube changes do not require a hospital stay.

The PEG tube does not prevent you from eating regular food. The PEG tube provides an access, directly into your stomach, for extra nutrition if you are not able to take enough nutrition by mouth. The tube will only be in place as long as you need it to meet your nutritional needs. Some people may need it for a short period of time and others may need to leave it in for their entire life. It is not uncommon to need to replace the tube from time to time if long term use is required. The tube can be easily removed when it is no longer needed.

### **What are the possible complications of PEG placement?**

Although problems with PEG tubes are rare, it is important for you to know when to call the doctor. Call if you have diarrhea for more than 48 hours, persistent nausea or vomiting, dehydration symptoms (thirst, dry tongue, fever, skin changes), vomiting of feedings; bloating, or abdominal distention, severe pain at tube site, a temperature over 101, excessive drainage or bleeding from the site or if it is difficult or impossible to flush the tube with formula or water.

### **Support:**

Your tube may be made by **Bard Interventional Products** or **Wilson Cook**. **Bard** has a support number you can call anytime, day or night; 1-866-893-2691. **Wilson-Cooks** support number is 1-800-815-4707 and they are available 8am-5pm. You may also call your physician's office.