

# PEG (Percutaneous Endoscopic Gastrostomy) Procedure

## *To Place a Feeding Tube*

### General Information

Your health care provider wants you to have a percutaneous endoscopic gastrostomy (PEG). The result of this surgery is to bypass the mouth and esophagus (the tube that connects the mouth and stomach) so that liquid feeding can go directly from the tube to the stomach. This is a minor surgery.

A gastroenterologist (a specially trained doctor) or surgeon and a nurse or specially trained technician will place an endoscope down your throat to see where to put a feeding (or PEG) tube. Then, a feeding tube will be placed through a small cut in your abdominal (stomach) wall.

The procedure name means:

- **percutaneous:** through the skin
- **endoscope:** a small, lighted instrument about the size of your little finger
- **gastrostomy:** a small cut in the abdominal wall.

The procedure takes about 30 minutes.

### Before the Procedure

- Be sure your health care provider knows all of the medicines you take, including over-the-counter medicines and any herbal or natural products.
- Most medicines may be taken up to midnight the night before the exam. Some medicines, such as aspirin and blood thinners, might be stopped a few days earlier. Your health care provider will talk to you about this.

- If you are having this procedure as an outpatient, you may spend the night in the hospital after the procedure. If you are returning home, you need to arrange to have someone drive you home. You will not be able to drive for 24 hours after the procedure.
- Do not eat, drink or smoke after midnight the night before the exam. If you do, the test will be canceled.
- You may bring your own socks or slippers for the exam.
- You will be asked to wear a gown and robe and slippers.
- A nurse will ask for your medical history.
- You will be asked to sign a consent form.
- An intravenous (IV) line will be started in your hand.

### During the Procedure

- You will be given a medicine (through the IV) to help you relax.
- The health care provider will spray a numbing medicine on the back of your throat.
- The nurse will watch your heart rate, blood pressure and oxygen levels.
- You will breathe oxygen through two small prongs put in your nostrils.
- The gastroenterologist will put the endoscope down your throat.

**(over)**

- Once the endoscope is in place, the health care provider will numb the skin on your abdomen and make a small cut. Then he or she will place the feeding tube through your stomach wall.

## **After the Procedure**

- If you are an outpatient, you will be in the recovery area until you are ready to be admitted to the hospital or discharged. During that time, a nurse will watch you. A friend or family member may also be with you.
- Before you leave, the nurse will give you a list of instructions to follow at home.

For more information, call the office of the health care provider who will do the procedure.