

# **Gastrostomy Tube Home Education Education Plan**

## **Getting Ready to Learn About Gastrostomy Tube Home Education**

Learning something new can be hard. It is even harder if you are not feeling well. The purpose of this education plan is for you and the staff to review this information together. Here are some good things to tell the staff:

- Who you want to learn with you. We would like to have someone who will be helping you at home learn with you.
- The best way for you to learn. Do you learn best by reading a book or pamphlet, or by doing things yourself?
- If you are not feeling well, if you are in pain or you cannot focus on learning right now.

This information is important to your health. We may explain something more than once. We will be giving you information in small bits over several days. If there is something you don't understand, "It's OK to Ask" us to explain.

## **What I Need to Learn About Caring for a Gastrostomy Tube (G-tube)**

By the time I leave the hospital I will be able to show or tell the staff:

1. How to feed and give medicine through the G-tube
2. How to vent the G-tube
3. How to care for the stoma site
4. How to replace the button
5. Routine care of the G-tube
6. When to call the provider

## **The staff will use three questions to teach me about Gastrostomy Tube Home Education:**

1. What is my main problem?
2. What do I need to do?
3. Why is this important to me?

The staff will ask me to repeat back important points in my own words, or ask me to show what I have learned. They want to make sure that I know how to care for my child safely and correctly.

**What is my main problem?**

My child is not able to eat enough food for good nutrition.

**What do I need to do?**

I will be able to tell and show the staff how to feed and give medicine through the G-tube.

The nurse will show me how to give medicine or food through the G-tube. Then I will show the nurse how I would give medicine or food through the G-tube.

To feed or give my child medicine, I will:

1. Wash my hands.
2. Attach the adapter to the G-tube.
3. Give feeding or medicine as directed.
4. Flush with water.
5. Remove the adapter.



I will be able to tell and show the staff how to vent the G-tube.

The nurse will show me how to vent the G-tube. Then I will show the nurse how I would vent the G-tube. Venting the G-tube helps relieve pressure and air in the stomach. I will:

1. Wash my hands.
2. Attach the adapter.
3. Attach a large open syringe to the adapter and hold it above the child.
4. Open the clamp to allow air to escape.
5. Push any stomach contents back into the stomach and avoid pushing back any air.
6. Flush the tube with water.
7. Remove adapter.

I will be able to tell and show the staff how to care for the opening for the G-tube (stoma).

The nurse will show me how to care for my child's stoma. Then I will show the nurse how I will care for the stoma. I will:

1. Keep the site clean and dry using mild soap and water.
2. Turn the button  $\frac{1}{4}$  turn twice daily.
3. Know that crusty brown or yellow drainage is normal.
4. Allow my child to bathe and swim in a pool
5. Apply zinc oxide (Desitin™) to the skin around the stoma if it is red and irritated.
6. Know drainage that wets the shirt is not normal.

7. Do not put gauze pads around tube. This is not recommended because they trap moisture and can cause skin breakdown.

I will be able to tell the staff how to replace the button

1. The button must stay in place for **12 weeks** after the stoma surgery to allow for healing.
2. **IF the button becomes dislodged:**
  - **One to eight weeks after surgery**, call Bronson Pediatric Subspecialties at 269-341-6900. The on call doctor can direct you to the nearest emergency room that can replace the button or place a balloon catheter.
    - I will not feed my child **anything** by tube or mouth until a nurse or doctor can check the placement of the tube in the stomach.
    - Correct placement into the stomach should be verified by an x-ray.
  - **Eight to twelve weeks after surgery**, I will replace the button right away to prevent the stoma from closing.
    - I will not feed my child **anything** by tube or mouth until a nurse or doctor can check the placement of the tube in the stomach.
    - Correct placement into the stomach should be verified by an x-ray.
    - Call 269-341-6900 for further instructions
  - **After 12 weeks**, I will replace the button right away. I can check for correct placement into the stomach by pulling back (aspirating) stomach contents.
    - Check the water level in the balloon as needed to make sure it contains the correct amount of water.
    - If the balloon is empty, it may have a leak and should be changed.

I will be able to tell the staff about routine care.

- It is important to always have a backup gastrostomy button kit.
- If I use my backup kit, I will call the supply company to have them ship another one right away.
- I will change the G-tube only as needed.
- I will change extension or adapter tube weekly.
- I will wash the extension tube or adapter with warm water in between uses.

I will be able to tell the staff when I should call the provider

I will call the provider:

- If the G-tube comes out in the first 12 weeks. The stoma may begin to close within the first hour.
- If I am unable to replace the G-tube right away after the first 12 weeks.
- If there is a large amount of drainage from the stoma.
- If there is frequent leakage of food or stomach contents from the stoma.
- If the stoma is red and swollen.
- If the G-tube becomes too tight against the skin.

- If I am having trouble getting supplies.
- If I have any questions or concerns.

**Why is this important to me?**

I want my baby to be safe and healthy. I want to know what to do to care for my baby's G-tube and how to feed and give medicines through the G-tube. I want to know what to do if the G-tube button comes out.

As part of my baby's care, I have received this education plan on Gastrostomy Tube Home Care

## Gastrostomy Tube Home Care Education Plan

### Resources

- Trouble Shooting Gastrostomy and Gastrojejunostomy Feeding Tubes

### Teaching Tools

- Gastrostomy Tube Home Education Plan*
- <http://kidshealth.org/en/parents/G-tube.html>

### References

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Always close each teaching session with the question, "What questions do you have for me?"

\*This page is intended for staff use only. Do not give to the patient.  
This document is not a part of the permanent medical record.