

# Percutaneous Gastrostomy or Gastrojejunostomy

## What is a percutaneous gastrostomy or gastrojejunostomy?

A **gastrostomy** and **gastrojejunostomy** are two types of small plastic tubes called catheters. We use these tubes if you are unable to take food or medicine by mouth. A **gastrostomy** tube gives us direct access to your stomach. A **gastrojejunostomy** tube gives us direct access to your digestive tract, known as the small intestines or bowel.

Using x-rays to guide us, we insert the tube through the skin (**percutaneous**) at your stomach area. We then guide the tube directly into your stomach or continue further down into your small intestine.

## How do I prepare for the procedure?

### Please let your doctor know if:

1. You are currently taking any medicines. To reduce your risk of bleeding during and after your procedure, your doctor will tell you which medicines to stop taking 3 to 7 days before your procedure. This may include:
  - Acetylsalicylic acid (ASA, such as Aspirin or other brand names)
  - Non-steroidal anti-inflammatory drugs (NSAIDs, such as Advil or Motrin, or other brand names)
  - Blood thinners (such as Plavix, Coumadin, or other brand names).
2. You are pregnant, think you may be pregnant or are breast feeding.
  - If you are pregnant, we may cancel your procedure to reduce the risk of radiation exposure to your fetus.

- At this time, it is not clear if the dye we use has any effect on breast milk.
3. You have any allergies. It is important to share if you are allergic to local anesthetics (freezing medicine) or any type of dye containing iodine.
    - If you do have known allergies, we suggest you wear your MedicAlert bracelet on the day of your visit.

At the time of booking your procedure, your doctor will also arrange for a nurse to visit you after the procedure. The nurse will help you care for your feeding tube and maintain your feeds.

### The day before your procedure:

- Your doctor will ask you not to eat or drink anything after midnight the night before, or several hours before, your procedure. **Your stomach must be empty for the procedure.** This will make it easier for the doctor to see where he is inserting the tube.

### On the day of your procedure:

#### **Please bring the following to the hospital:**

- Your health card (OHIP) and photo ID.
- All the medicines you are currently taking, including over-the-counter medicines, herbals and supplements, in their original containers.

**Do not** bring jewelry or other valuables.

- Please remove any jewelry, dental appliances, eyeglasses, hair clips or metal objects you are wearing that may interfere with the x-ray images.

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## What can I expect during the procedure?

You will be awake for the procedure. We may give you medicine (sedative) to make you sleepy or calm.

We will insert a tube through your nose and into your stomach and use it to fill your stomach with air. This will help us see into your stomach on the x-ray images.

We will then numb a small area of your stomach area with a local anesthetic (freezing medicine) so that you do not feel pain. You will only feel pressure during the procedure.

We will make a small opening with a needle to enter the stomach. Then we will use x-rays to help us guide the tube into your stomach or small intestine. We then hold the tube in place by attaching it to the skin with a special bandage.

The procedure takes about 30 to 40 minutes; however, this time varies depending on the patient. The team will keep you and your family informed as we proceed.

## What can I expect after the procedure?

- If we gave you a sedative at the start of the procedure, we will observe and watch you in the hospital for up to 4 hours. Your stay in the hospital may be shorter if you did not need the sedative.
- You will have a tube sticking out of the small opening that we made in your stomach area. You will have a dressing/bandage around this tube.
- You may feel some pain and discomfort after the procedure. If you do, we will have medicine available to keep you comfortable.
- **You will be unable to drive after the procedure. Please make sure you have someone with you to drive you home.**

## How do I care for myself at home?

- Please make sure you have a responsible adult stay with you for the first night.
- For the first 24 hours, please do not use the tube. The tube needs this time to set properly in the stomach. After 24 hours, the tube is safe to use. We will have these instructions for you to share with the visiting nurse.
- For the first 48 hours, please restrict your activities. Do not lift objects heavier than 5 pounds (2.3 kilograms).
- A home care nurse will visit you at your home regularly to give you your feeds and provide support.
- The home care nurse will also teach you how to do the feeds yourself, flush (rinse out) the tube, and care for the tube.

### Contact your home care nurse or doctor if you:



- Have an upset stomach or are vomiting (throwing up)
- Are itchy, red, or swollen around the tube site
- Have trouble with the feeds
- Have a fever at or above 38.5°C or 101.3°F
- Generally do not feel well.

### Go to the nearest Emergency Department right away if:



- The tube falls out, becomes dislodged (moves from position) or breaks
- Fluid is leaking out around the tube
- The bandage around the tube is soaked with blood.