



**FRESENIUS
KABI**

caring for life

Freka® Balloon Gastrostomy Feeding

CARE GUIDELINES

For Patients & Carers



<p>GP Address Tel. / Fax / Email</p>
<p>Hospital Dietitian Address Tel. / Fax / Email</p>
<p>Community Dietitian Address Tel. / Fax / Email</p>
<p>Nutrition Nurse Address Tel. / Fax / Email</p>
<p>District Nurse Address Tel. / Fax / Email</p>
<p>Nutrition Feed Company/Nurse Advisor Address Tel. / Fax / Email</p>
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Contents

> Introduction	1
> What is a balloon gastrostomy feeding tube?	1
> What is a button gastrostomy?	1
> How is the balloon gastrostomy feeding tube inserted?	1
> Why do I need a balloon gastrostomy feeding tube?	2
> How long will the tube last?	2
> How soon after tube insertion can I begin feeding?	2
> What feed will I receive?	2
> Feeding regimen	2-3
> Administration of nutrition and fluids and flushing the button using the right angled adaptor (Freka® button only)	3
> Tube care	3
> Administration of medicines	3-4
> Methods of flushing the tube	4
> Checking the fluid in the balloon gastrostomy	4
> Skincare	5
> Replacement of a balloon gastrostomy	5
> Removal of a balloon gastrostomy	6
> Frequently asked questions	6-7
> Accessory items	7

Introduction

This booklet aims to provide you with information about your balloon gastrostomy feeding tube and to answer any questions. If you have additional questions or would like further explanation please contact your Nurse or Dietitian who will be able to help you. Please put this booklet in a safe place as you may wish to refer to it in the future. For additional information regarding your tube type please refer to the specific aftercare sheet.

What is a balloon gastrostomy feeding tube?

A balloon gastrostomy feeding tube (or button or gastro tube as you may hear it referred to) is a small feeding tube which is inserted directly into the stomach so that you can receive feed, fluid and medication without swallowing. It will provide you with a safe and long-term method of obtaining nutrition.

What is a button gastrostomy?

A button is a type of balloon gastrostomy feeding tube that is more discreet (less visible) than a standard gastrostomy. It can be inserted in a person who has had a standard gastrostomy tube in place for at least 4 weeks or in line with local policy.

How is the balloon gastrostomy feeding tube inserted?

Your balloon gastrostomy feeding tube will be placed into your stomach through the channel (or stoma) formed by your original gastrostomy. The stoma length will be measured if you are having a button gastrostomy inserted. This will be discussed with your local healthcare professional. Once inserted, the tube is held in place by a small retention balloon which is inflated with a specified amount of sterile water or 0.9% saline (dependent on the size of your tube). The fluid level in the Freka Belly Button should be checked every week to prevent accidental removal of the balloon gastrostomy. The Freka Button and Freka Gastrotube should be checked every 6 weeks.

Why do I need a balloon gastrostomy feeding tube?

You are currently unable to take enough food and fluid by mouth to meet all your nutritional needs. The balloon gastrostomy feeding tube will provide access for feed administration into your stomach.

How long will the tube last?

The tube is made from silicone, which is compatible with the human body. If the tube is well cared for, the Freka Belly Button and Freka Gastrotube can last several months with the proper care.

How soon after tube insertion can I begin feeding?

This will be decided by your GP, Dietitian or Nurse, but your feed usually commences about 6-12 hours after your tube has been placed. The feed is introduced slowly to begin with, so that your body can adjust to the feed.

What feed will I receive?

You will receive a prescribed, commercially produced liquid feed which contains all the essential nutrients you will need on a daily basis.

You may receive part or all of your daily food via your balloon gastrostomy feeding tube, depending on your specific medical condition and needs.

You may also need extra fluids through your balloon gastrostomy feeding tube. Water can be administered using a syringe or administration set.

Feeding regimen

Your Dietitian will prescribe the volume and rate of your feed to suit your needs. You may be fed intermittently or continuously during the day or overnight, depending on which is best for you.

Always follow the recommended regimen. If you have any problems with the feed you should inform your Dietitian.

To prevent heartburn and feed refluxing you should feed in an upright position. For overnight feeding you should use supporting pillows or a backrest. If you find this uncomfortable, you can raise the mattress at the head of the bed instead.

Administration of nutrition and fluids and flushing using the right angled extension set (FrekaButton only)

Feeds and fluids can be administered through the right angled extension set which is connected to an extension tube. When not in use, the extension tube can be cleaned according to local policy. There is a valve in the Freka balloon gastrostomy to prevent fluid leaking from your stomach. When flushing the right angled adaptor should be used. Do not attach syringes or administration sets directly to the button as they may damage the valve.

Tube Care

The balloon gastrostomy feeding tube should be flushed with at least 20-30ml of cooled, boiled water

before and after feed, or medicine administration, or as directed by your Healthcare Professional to prevent tube blockage. You should only use the tube to administer feed, water and liquid medicines.

Administration of medicines

All medicines should be administered in liquid form. The same applies to self medication (e.g. for headache) and your pharmacist will recommend a liquid form of pain relief.

Do not crush sustained-release tablets/capsules. They are unsuitable for crushing because the whole dose is released at once.

Medication with enteric coatings should not be crushed and given via your balloon gastrostomy tube as they are designed to be released in the small intestine.

Do not add medicines to your enteral feed as it may cause physical/chemical instability of the feed and cause a blockage.

Flush your tube before and after administration of each medicine. Medication should be given separately to prevent possible interaction.

Methods of flushing the tube

Using ENFit® syringe for flushing.



1. Connect the ENFit syringe to the medication port of the giving set. Turn the medication port to 90° in order to administer water or medication.



2. Connect ENFit syringe and secure to the tube.

Checking the fluid in the balloon gastrostomy

The amount of water in the Freka Belly Button should be checked regularly, at least once a week. The Freka Button and Freka Gastrotube should be checked every 6 weeks.

Hold the tube in position with your thumb and index finger and insert a 10ml luer syringe into the retention balloon valve mounted on the side. Withdraw the fluid. Do not remove the tube from stoma channel.

Check the amount of fluid and if it is less than the required amount replace it with the recommended fill volumes of sterile water or 0.9% saline (dependent upon the size of your tube, see table on page 5). If the amount of fluid in the balloon remains below the recommended volume, contact your local Healthcare Professional.

It is important not to underfill or overfill the retention balloon - please refer to the filling volumes in the table on page 5.

Freka Balloon Tube size FR/CH	Recommended Filling Volume
12	3ml
14	4ml
15	5 - 7.5ml
16	5ml
18	5ml
20	8ml
24	8ml

Skincare

You may notice some discomfort and/or clear discharge after the insertion of the balloon gastrostomy. This is common and nothing to be concerned about. A small dressing may be applied for about 7 days until this settles. If you have pain or continued discomfort you should seek advice from your local Healthcare Professional.

You should rotate the balloon gastrostomy a full circle (360°) each day. This will help maintain a healthy stoma.

If you notice any redness, pain, odour or discharge, you should contact your Nurse or GP who will take a wound swab to identify what is causing the problem.

Your doctor may prescribe antibiotics which you can administer in the same way that you administer your regular medicines (see Administration of medicines). If you notice feed leakage around the stoma site you should stop feeding and contact your Healthcare Professional.

If you experience nausea, vomiting or constipation you should contact your Healthcare Professional immediately for advice.

Replacement of a balloon gastrostomy

Your balloon gastrostomy will be replaced according to your local hospital replacement policy.

If you gain or lose weight you may need to have the length of your button adjusted.

Removal of a balloon gastrostomy tube

To remove or replace the balloon gastrostomy tube, the water is withdrawn from the retention balloon by attaching a syringe to the side valve and the tube is gently withdrawn through the stoma.

Cover the site with a waterproof dressing until the stoma closes. If the tube is to be replaced, a new balloon is gently pushed into the stoma and the retention balloon inflated with the specified amount of sterile water or 0.9% saline. Your healthcare professional will provide advice on this.

Frequently asked questions

Can I swim, bath or shower?

After the site is fully healed, you can bathe, shower and swim as normal. Ensure the clamp is closed. Thoroughly dry the area afterwards.

How long will the tube last?

This will depend upon the type of tube you have had placed. Your healthcare professional can provide this information. Following the aftercare information will help to prolong the life of the tube.

Who do I contact if the tube gets damaged or I get a problem with the site?

Contact your local Healthcare Professional.

Can I go on holiday?

Enteral feeding does not stop you going on holiday but it is a good idea to have a letter from your doctor and make sure you have the necessary insurance. Contact your local Healthcare Professional for advice about replacement tubes and information regarding the supply of your feed.

If I cannot eat what will happen to my mouth?

Plaque can build up very quickly so it is important to brush your teeth at least twice a day. A mouthwash or artificial saliva, such as Glandosane® may help if your mouth is dry.

How do I clean the site?

Refer to the information given by your local healthcare professional.

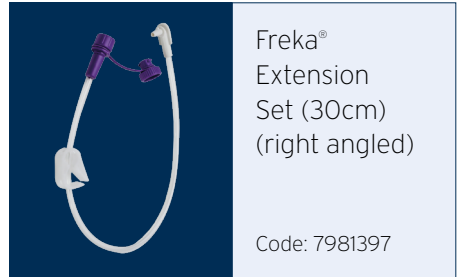
Are there any patient support groups available?

PINNT - Patients on Intravenous and Nasogastric Nutrition Therapy

PINNT supports people on enteral and parenteral nutrition, providing advice and local support groups.

PINNT contact information:-
www.pinnt.com

Accessory items





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