

Freka® Belly Button

Aftercare Sheet

Name	
Tube Size	
Date of Placement	

> General Information:

- The tube in situ is a Freka Belly Button, placed directly into the stomach, held in place by an internal retention balloon.
- The area where the tube enters the stomach is called the stoma site.

> Initial Care:

- Water/feed is usually commenced 6-12 hours after placement. Refer to individual feeding regimen.
- If patient complains of pain or there is localised swelling, stop feeding and report to your local healthcare professional.
- Flush tube 4-6 hourly with water (as per local/hospital policy). This does not need to be done through the night.

> Daily Care:

- Clean stoma site daily with mild soap and water and ensure adequate drying.
- Observe stoma site daily for leakage, swelling, redness or inflammation - some clear fluid may be present, this is normal. Report any problems to your local healthcare professional.
- Flush tube with water (as per local/hospital policy) before, during and after enteral feed and medications.
- Do not use dressings unless clinically indicated.

- The balloon should be filled with the specified amount sterile water or 0.9% saline listed below.

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

- The water level in the Freka Belly Button should be checked every week. Your local healthcare professional can show you how to do this or will do it for you.
- If tube becomes blocked use warm water/carbonated water/soda water and refer to local policy if applicable.
- **Do not** flush tube using force. If tube remains blocked, inform your local healthcare professional.
- **Do not** put anything down the tube other than feed, water and medication in liquid form.
- Rotate the tube through a full circle (360°) at least once a day and no less than once a week.
- The Freka Belly Button can remain in situ for several months with the proper care, before it requires replacing. This may vary based on different factors, e.g. the fill level of the balloon, the pH value in the stomach and care.

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