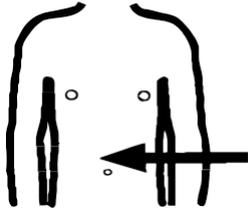


Having a PEG

What is a PEG?



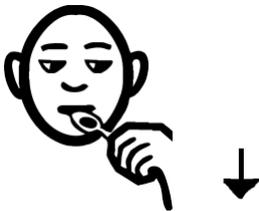
At the moment, you eat and drink through your mouth.



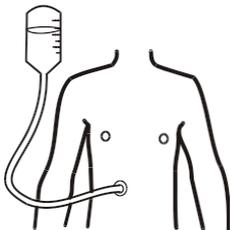
The food and drink goes down to your tummy.



If you have a problem with **swallowing**,



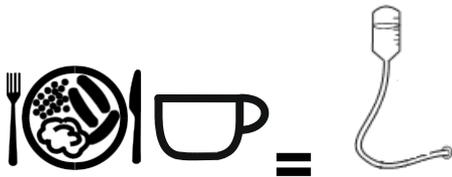
or have a **poor appetite** (don't feel like eating much)



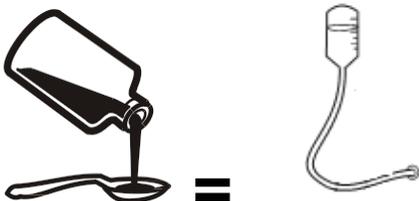
You may need a tube into your tummy so you get enough to eat and drink.

This might also be safer.

This tube is called a **PEG**.



Special food and drink can go down the tube.



Medicine can go down the tube.

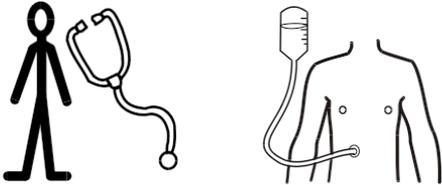
What will happen?



You will come to the hospital for an operation.

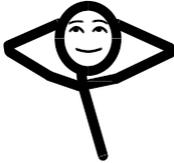


You will be given medicine to make you sleep.



The doctor will put the tube in your tummy while you are asleep.

This will not hurt.

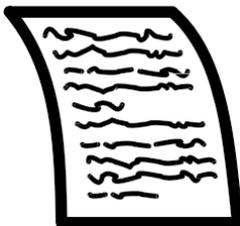


When you wake up you will need to stay in hospital and relax.



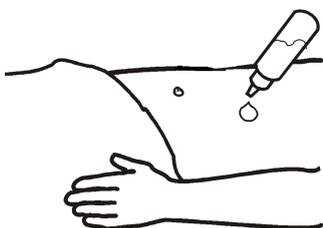
You will be seen by a dietician.

They will explain your special food to you.

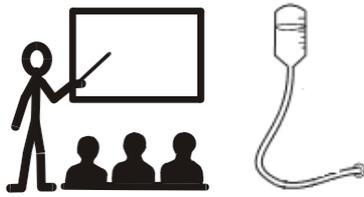


You will have a plan which tells you:

- When to have your food
- How much special food you need
- What to do if you have any problems with your tube.



The nurses will check your tube every day in hospital and make sure that the skin around your tube is clean and healing.



You will be given all the things you need to look after your tube:

- Equipment
- Special food
- Training.



When everything is ok, you can go home.

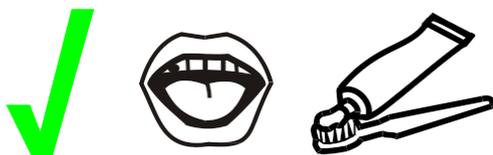
After hospital



The dietician will visit you at home.



Most people **don't** eat or drink anything by their mouth if they have a tube.



It is still important to keep your mouth and teeth healthy.

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references for this leaflet please email: sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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