

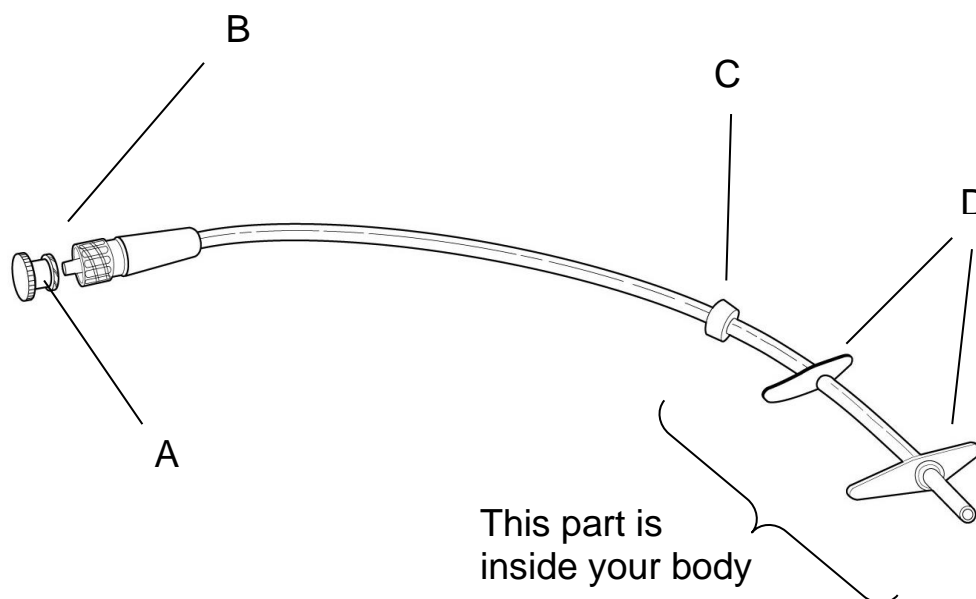
Nutrition and Dietetics

Care of your Mic Jejunostomy feeding tube

What is the tube for?

The tube has been inserted into your small bowel by a surgeon to provide fluid and nutrients while you are unable to take enough food or fluid by mouth.

It is important that you care for your tube properly to prevent infection and avoid blockage of the tube.



- A. Cap
- B. Connection port (male luer lock)
- C. Dacron Cuff



Caring for your Jejunostomy (JEJ) tube

Do:

- Clean around the tube site daily with cooled boiled water for 2 weeks after the tube is inserted. The skin around the site may feel sore, slightly swollen or weep for a few days. This is normal. If needed, you can take Paracetamol for soreness. Clean the site with saline and gauze swabs (these will be given to you before you are discharged) and dry the area thoroughly.
- Flush the tube twice a day with 30ml of cooled boiled or sterile water using a syringe. This helps keep the tube clear and prevents blockages.

Method for Flushing Your Jejunostomy (JEJ) Tube:

- Wash your hands thoroughly with soap and water.
- Prepare a clean surface and open the syringe packaging.
- Draw up 30ml of cooled boiled or sterile water into a 60ml syringe.
- Pinch the feeding tube to prevent any backflow of fluid.
- Remove the cap from the feeding tube connection port.
- Attach the syringe to the connection port, release the tube and gently press the plunger until the syringe is empty.
- Pinch the feeding tube again, remove the syringe and place the cap back on the connection port.

Care of your syringe:

- Use 1 syringe per week.
- Clean the syringe by washing it in warm soapy water.
- Rinse it thoroughly and allow it to air dry.
- Separate the plunger from the syringe body while cleaning.

Don't:

- Don't twist or pull the JEJ tube. The tube is secured with surrounding sutures (stiches) and retaining sutures. For advice on post-suture removal care, contact your local Community Nutrition nurse or Upper GI specialist nurse.
- Don't take a bath until your local Nutrition nurse has reviewed the JEJ site. Showering is allowed 24 hours after the feeding tube is inserted.

Patient Information

- Don't use talc, creams, body sprays or baby wipes on or around the JEJ site, as these can irritate the skin and damage the tube.
- Don't cover the JEJ site with dressings unless advised to do so by your Community Nutrition nurse.

Feeding through your Jejunostomy tube

Your dietitian will provide you with instructions on the type of feed and the amount needed each day. The community nutrition nurse will also provide training and guidance on how to administer the feed.

Important:

- Do not put anything down your tube unless it has been prescribed for this purpose.
- If your fluid intake is poor, you can flush extra cooled boiled water through your jejunostomy tube. For more advice, please contact your dietitian.

Medications through your Jejunostomy tube

Ideally, no drugs or medications should be given through your jejunostomy tube. However, it may be necessary for medications to be prescribed to go through your tube. Please contact the community nutrition nurse or pharmacist for advice.

Removing the tube

The tube should not be twisted or pulled, as it is securely held in place by the Dacron cuff and fixation wings. After 3 months, if the tube is no longer needed for feeding, your surgeon will remove it under local anaesthetic.

Under normal circumstances, your tube will not come out. However, if this happens, please contact your community nutrition nurse or attend A&E immediately.

Contact numbers

Community nutrition nurse: 024 7696 6094 (Please leave a message if you get no answer)

Dietitian: 024 7696 6161

Patient Information

Homeward: 0800 093 3672 (during office hours)
08457 623603 (Out of hours advice line)

This leaflet was written by Coventry Dietitians at University Hospitals Coventry and Warwickshire NHS Trust.

Illustrations kindly provided by Vygon (UK) Ltd (website www.vygon.com).

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