# PEG tube insertion

## What is a PEG tube insertion

A **percutaneous endoscopic gastrostomy (PEG) tube insertion** is a procedure used to place a feeding tube directly into your stomach through the abdominal wall. It's typically recommended if you are unable to swallow or eat enough to meet your nutritional needs. This minimally invasive procedure is performed with the help of an endoscope and can provide a long-term solution for nutritional support. At Birmingham Endoscopy Clinic, we specialise in PEG insertion, ensuring a safe and effective procedure tailored to your needs.

## Why might you need a PEG tube?

A PEG tube is used to deliver nutrition, fluids, and medications directly into your stomach when swallowing or eating is not possible or safe. You may need a PEG tube if you have:

- **Swallowing difficulties (dysphagia)** due to neurological conditions such as stroke, multiple sclerosis, or motor neurone disease
- **Head and neck cancers** that make swallowing difficult or painful
- **Chronic conditions** like severe frailty or muscular disorders affecting your ability to eat
- **Trauma or surgery** that temporarily or permanently affects your ability to swallow
- **Malnutrition** or an inability to maintain weight despite other feeding methods

Your consultant will assess your individual needs and determine if PEG insertion is the best option for you.

## How do you prepare for a PEG insertion?

Before the procedure, you will need to:

- Avoid eating or drinking for 6-8 hours beforehand to ensure your stomach is empty
- Inform your doctor of any medications you're taking, as you may need to stop certain blood-thinning medications temporarily
- Undergo routine blood tests to check for clotting levels and overall fitness for the procedure

Your consultant will provide detailed instructions to help you prepare for the procedure.

## What happens during the procedure?

PEG insertion is a minimally invasive procedure performed under sedation or light anaesthesia to keep you comfortable. The procedure usually takes about 20-30 minutes and involves the following steps:

- An endoscope (a thin, flexible tube with a camera) is passed through your mouth into your stomach to guide the placement of the PEG tube
- A small incision is made in your abdomen, and the feeding tube is carefully inserted into your stomach through this opening
- The tube is secured in place using a small disc or balloon to prevent it from moving

You'll be monitored during the procedure to ensure your safety and comfort.

## What happens after the procedure?

After PEG insertion, you will:

- Stay in the clinic for a few hours or overnight for monitoring, depending on your condition
- Be given instructions on how to care for your PEG tube to prevent infections or complications
- Start feeding through the tube gradually, with guidance from a dietitian to ensure you receive the right nutrition

Your doctor will provide advice on cleaning the tube, preventing blockages, and recognising signs of complications.

## Are there any risks?

PEG insertion is a safe procedure, but as with any medical treatment, there are some risks. These may include:

- Mild pain or discomfort around the insertion site, which usually improves in a few days
- Infection at the site of the tube, which can be managed with antibiotics
- Bleeding or injury to nearby organs, though this is rare
- Blockage or displacement of the tube, which can be resolved with medical assistance

Your consultant will explain these risks in detail and take all necessary precautions to minimise them.

## How long does a PEG tube last?

A PEG tube can last several months to years, depending on your individual needs and how well it's maintained. Regular follow-ups with your doctor or healthcare team will ensure the tube remains functional and complications are avoided.

## Why choose Birmingham Endoscopy Clinic?

At Birmingham Endoscopy Clinic, we provide expert care for patients requiring PEG insertion. Our experienced team uses state-of-the-art equipment and a patient-focused approach to ensure the procedure is as comfortable and efficient as possible. We work closely with dietitians and other specialists to provide comprehensive care and ongoing support.

## Contact us

If you've been advised to consider a PEG tube or have questions about the procedure, contact Birmingham Endoscopy Clinic today to book a consultation. We're here to guide you through the process and provide the expert care you need to improve your nutrition and quality of life.