

GETTING A PEG TUBE

THE STEPS and PROCESS

When you are ready for or even just the least bit curious about a PEG tube (also known as a feeding tube) you need to:

Step 1: Discuss your wishes with Dr. Turnbull.

Step 2: Visit with the gastroenterologist (Dr. Salena). This appointment will be arranged by the clinic coordinator (Ishtar) and she will let you know the date and time of the appointment.

Step 3: Once you have consulted with Dr. Salena the surgery can be booked. It is IMPORTANT to let the clinic coordinator know when you have seen Dr. Salena and are ready to book the surgery. She will book the surgery and let you know the date and time.

REMINDER: when ready to see dr. salena for a consult please complete the financial form enclosed and return it to Ishtar Gabriel, the clinic coordinator or Maureen Hills, the clinic social worker

Step 4: Once the surgery is booked the ALS clinic team will contact the CCAC and arrange for nursing care and a nutritional assessment.

- **The nurse** will come in to help you clean the site and show you how to use the PEG tube. She/he usually comes after you return home from the surgery and for 2 to 3 days after receiving the PEG tube.
- **The dietician** will come in to assess the amount of nutrition that will be needed. Please make sure she/he calls us with the type of nutrition so that we can call it into the pharmacy. The dietician usually comes to visit you just before or just after receiving the PEG tube.

WHAT YOU NEED TO DO TO PREPARE FOR SURGERY:

- Please do not eat any solid food after 12 am the **night before** the surgery
- Please do not have any liquids after 9 am the **day of** the surgery
- The surgery only takes about 20 to 30 minutes. You will be required to stay in hospital 2 to 3 hours after the surgery. You will be discharged the same day as the surgery.

A gentle reminder: the process involved in arranging a PEG tube takes time. So please don't hesitate to let us know the moment you begin to ponder the possibility of a PEG tube.

WHO TO CONTACT:

Dr. Turnbull: to discuss medical questions related to the PEG tube (including how it works and what the surgery will involve)

Ishtar Gabriel (clinic coordinator): to discuss practical issues related to the PEG tube (including appointments, prescriptions, nursing and nutritional assessment)

Maureen Hills (social worker): to discuss psychosocial issues related to the PEG tube (including fears and worries, adjusting to change and making transitions) and financial issues related to equipment and nutritional product used with PEG tube

OTHER SOURCES OF INFORMATION:

- For information about the MIC KEY go to <http://www.mic-key.com/index.asp>
- For general information about the PEG tube go to review the manual given to you by the ALS Society or online at <http://www.alsont.ca>