

GASTROSTOMY TUBE (G TUBE)

Tube placed through the skin into the stomach. It is used to give food, medicine, and fluids. The doctor who referred /you for the G Tube placement will discuss how long you will need it.

SEDATION

- The sedation you received for your procedure is still in your system.
- You should take it easy the rest of the day. **DO NOT** drive and avoid drinking alcohol.
- In addition to procedural sedation you will receive local anesthesia to the skin.

CARE AFTER THE PROCEDURE

- You can still eat or drink by mouth.
- You may have a full or gaseous feeling in your abdomen after the procedure.
- To help reduce the gas, drink 4-5 glasses of water, unless you are restricted for another reason.
- It is normal to have a moderate amount of discomfort around the tube site for a few days following the procedure.
- You may experience abdominal discomfort the first night of the procedure, requiring stronger medications. Your referring doctor will provide a prescription for you.
- Taking Acetaminophen (Tylenol) or Ibuprofen (Motrin or Advil) will help your pain.
- You will be given a 7-day prescription for antibiotics after the procedure.
- If you are on blood thinning medications you will need to contact your doctor who manages them. They will give you instructions on when to resume them and when blood work should be done.
- You will have a dressing over the G Tube; it can be removed two (2) days after the procedure.
- **You may shower two (2) days after the G Tube placement.**

DIET AFTER THE PROCEDURE

- The tube should not be used for feeding or medication for 24 hours.
- Drink a lot of fluids and have small meals.
- Try to avoid eating heavy meals for a few days. For example, **DO NOT** eat steak, fried, or spicy food.

FOLLOW UP CARE

- An Interventional Radiology Nurse will see you **the day after your procedure.**
- The nurse will check your G Tube, change the dressing, and answer any questions you may have.
- They will teach you how to use and take care of your G Tube, including how to flush the tube. This needs to be done two (2) times a day until you start feedings.
- You will be scheduled for an appointment in two **(2) weeks** in the Interventional Radiology Clinic. The special sutures, called T Tachs, will be removed at that time.

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FEEDING WITH THE G TUBE AND NUTRITION

- You will see the nutritionist (arranged by the head and neck clinic) to evaluate your individual needs. They will also teach you about your supplements and arrange to have your feeding supplies delivered.
- An infusion company will deliver the feeding supplies to your home when you are ready to use your feeding tube. The cost of feeding supplies is usually covered by insurance.
- The infusion company will provide one (1) visit which includes instruction on feeding.

WHEN TO CALL THE ONCOLOGY DOCTOR OR NURSE

- Call for questions about **when or how to use your G Tube**.
- If you need to be **scheduled to see a Nutritionist**.
- If you are having **diarrhea or constipation for more than two (2) days**.
- Your **temperature is 101° or above**.

Call the Office Manager at **617-726-6316** *Monday through Friday* between *8am and 5pm*. During **evenings and weekends** call **617-726-8748**. Ask the operator to page the **Oncology doctor on call**.

WHEN TO CALL INTERVENTIONAL RADIOLOGY

- Bleeding or foul smelling drainage around the tube.
- If you are having **difficulty flushing the tube**.
- If the **tube** accidentally **falls out**.

Call the Interventional Radiology Nurse Coordinators' office at **617-724-2239** *Monday through Friday* between *8am and 5pm*.

For emergencies in the **evening or weekend hours**, a doctor can be reached through the answering service at **617-726-1818**. Ask the operator to page the **Non-vascular Interventional Radiology Fellow**.



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