



## 經皮內視鏡胃造口 (PEG) 管

### 常見問題回答

本手冊回答了有關經皮內視鏡胃造口 (PEG) 管的常見問題。如果你有其他問題或疑慮，請諮詢你的家庭醫生。

### PEG 管是什麼？

經皮內視鏡胃造口 (PEG) 管是一條從你的腹部插入到胃部的塑膠軟管。此管的末端有一個埠（口），讓你將流質食物輸進去。

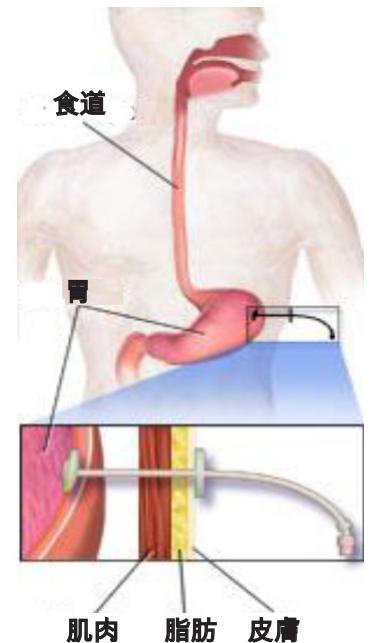
如果你通過正常進食不能獲得足夠的營養，你可能需要安置 PEG 管。如果營養不足，你可能會失去太多體重，或者出現脫水（體液流失）。PEG 管給你一種方法來補充你身體所需的營養。

配方食物（流質食物）可以透過此管輸入。此管還可以用來減輕胃部的壓力（排出空氣和液體）。

你也許在短時間內需要或者在今後一生都需要 PEG 管。此管將安置在你的身體上，直到你不再需要它為止。PEG 很容易拔出。如果需要長時間安置此管，也許需要定時進行更換。

### 如何安置 PEG 管？

一位腸胃病（影響胃、腸和其他消化道器官的疾病）專科醫生負責安置你的 PEG 管。在手術過程中，該醫生將一個細小的柔性纖維鏡從你的口置入你的胃部。這個纖維鏡的大小如手指的寬度，其頂部有一盞燈和攝像頭。



此圖顯示 PEG 管的安置。

此圖的使用經 Truven 健康分析公司 (Truven Health Analytics) 許可。

另一個醫生用特殊的肥皂清潔乾淨你腹部上的皮膚。將局部麻醉劑（麻醉藥）從這個部位注入你的身體組織，然後切開一個小口。醫生使用纖維鏡做引導，將 PEG 管從切口拉入到胃部。最後用一個塑膠法蘭（圓盤）將管固定在位置上。

## 回家後

- 將安排你在 PEG 管安置 10 至 14 天後回診所復診。在這次復診中，一位護士將會檢查你的 PEG 部位的癒合情況。
- 你可以洗淋浴。但在 4 周內切勿洗盆浴、坐熱水浴缸或去游泳。
- 使用棉簽輕輕地清潔塑膠圓盤（法蘭）下面的皮膚。使該部位保持乾淨和乾燥。在頭 2 周內，你可以用柔性止血貼覆蓋住該部位。
- 該部位癒合後，便不需要用止血貼覆蓋。切口需要大約 2 周才能癒合。
- 恢復服用你平時吃的藥物。只服用你的醫生開給你或同意你服用的藥物。
- 如果你有糖尿病，必須控制好你的血糖水平。血糖水平較高會增加感染和 PEG 管周圍皮膚潰瘍的風險。
- 在切口部位可能會增生出一塊紅色的嫩組織（肉芽組織）。這是正常的，可以很容易在我們的診室得到治療。如果出現這種症狀，請致電我們的診所約診。我們的一個醫生將負責處理這個問題。
- 在安置你的 PEG 管之前，營養師會見你，他/她將設置一個計劃，在你需要和如果你需要時為你進行胃管喂食。

## 使用 PEG 管

- 一個居家輸液供應人員將安排你的配方食物和餵養補給品。
- 確保你或一位家人懂得如何正確地透過 PEG 管喂食。向你的家庭醫生或居家輸液供應人員諮詢：
  - 你應該喂給自己多少配方食物，以及喂食的頻率？
  - 每次喂食應該用多長時間？

- 你可能需要增加每次喂食的配方食物量。你將會增加配方食物量，直到達到你身體所需的量為止。營養師會幫助你正確計算出你要喂給自己的配方食物量。
- **切勿**將藥片放進你的 PEG 管裏。先將非液體的藥物放在液體裏溶解，然後才將它們放進你 PEG 管裏。請你的家庭醫生向你演示如何溶解非液體的藥物。

## 沖洗 PEG 管

- **每天沖洗你的 PEG 管 2 次**，用 60 毫升自來水來沖洗。
- 此外，每次給自己喂藥或配方食物之前和之後，你還需要用 60 毫升自來水沖洗管道。如果不沖洗，藥物和配方食物可能會變乾並堵塞住管子。

## 減輕胃部壓力

- 當你不使用你的 PEG 管時，蓋上管末端的蓋子。
- 如果出現腹部脹痛或噁心，你可以取下 PEG 管的蓋子來減輕胃部的壓力。這可以舒緩你的症狀。

## 戴著 PEG 管生活

安置 PEG 管可能會改變你和你家人的生活。你可能對戴著 PEG 管感到生氣、傷心或擔心，你可能想知道別人對此有什麼想法。有這些感覺是正常的。可和你的醫生、家人或朋友談談你的感覺。

以下提示可能會幫助你更舒適地戴著 PEG 管生活：

- 安排好你的喂食時間，以便讓你可以得到充足的睡眠。如果 PEG 管使你難以入睡，告訴你的家庭醫生。
- 外出前要提前做好準備，以便你感到更加舒服：
  - 確保隨身攜帶一些吸水布或吸水墊，以防你的 PEG 管泄漏。你還可能需要多帶一套衣服以便更換。
  - 在公共場所時，要事先找好你可以私下喂食的地方。

## 何時打電話

- 在接下來的 7 天中，如果出現以下情況，必須**立即**打電話給消化道疾病治療中心 (Digestive Disease Center):
  - 管道或管道周圍出血。
  - 發冷**或**發燒超過 100°F (37.8°C)。
  - 胸部或腹部疼痛。
  - 嘔吐。
  - 糞便呈黑色。
  - 管道堵塞了。
- 在向 PEG 管輸入 (添加) 液體時，如果你的腹部突然痛起來：
  - 立即停止輸液。
  - 打電話給消化道疾病治療中心。
- 如果你的 PEG 管掉下來：
  - **立即**打電話給消化道疾病治療中心，或前往最近的急診室，讓醫生幫你插入一條 Foley 導管。  
  
如果不這樣做，PEG 管的開口可能會在幾小時內閉合。立即在切口部位插入一條 Foley 導管有助於切口保持打開，直到可以安置一條新的 PEG 管為止。
  - 攜帶斷掉的 PEG 管去醫生診所或急診室。

## 打電話給誰

周日上午 8 點至下午 5 點，請致電

UWMC (華盛頓大學醫學院) 消化道疾病治療中心 ..... 206-598-4377

下班時間以及周末和節假日，請致電 Harborview

醫院的社區護理熱線 (Community Care Line) ..... 206-744-2500

### 有任何問題嗎？

你的問題很重要。如果你有任何問題或疑慮，請致電你的醫生或保健提供者。

UWMC 消化道疾病治療中心：206-598-4377

Harborview 醫院社區護理熱線：206-744-2500

## About Your PEG Tube

### Answers to common questions

*This handout answers common questions about a percutaneous endoscopic gastrostomy (PEG) tube. Ask your primary health care provider if you have other questions or concerns.*

### What is a PEG tube?

A *percutaneous endoscopic gastrostomy* (PEG) tube is a soft plastic tube that goes into your stomach from your abdomen. The tube has a port (opening) on the end that you put liquid food into.

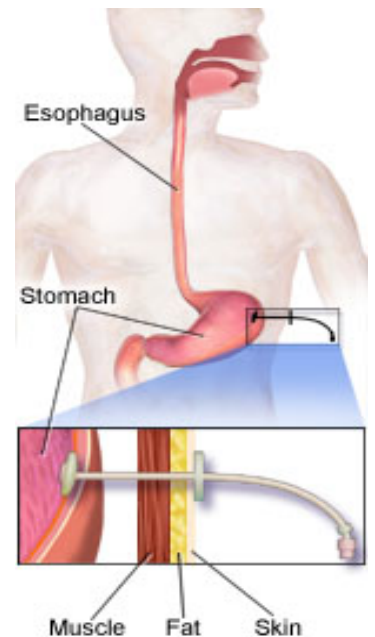
You may need a PEG tube if you cannot get enough nutrition by eating normally. Without enough nutrition, you may lose too much weight or become *dehydrated* (lose body fluids). The PEG tube gives you a way to give your body the nutrition it needs.

Formula (liquid food) can be given through the tube. The tube may also be used for decompressing your stomach (removing air and fluid).

You may need a PEG tube for a short time or for the rest of your life. It will be in place until you no longer need it. Removing the PEG tube is an easy procedure. If it stays in place for a long time, it may need to be replaced at some point.

### How was your PEG tube placed?

A doctor who specializes in *gastroenterology* (disorders that affect the stomach, intestines, and other organs involved in digestion) placed your PEG tube. During the procedure, this doctor placed a small flexible scope through your mouth and down into your stomach. This scope is about the width of a finger and has a light and camera on its tip.



*This drawing shows the placement of the PEG tube.*

*Drawing used with permission from Truven Health Analytics.*

Another doctor cleaned the skin on your abdomen with special soap. A local *anesthetic* (numbing medicine) was injected into your tissue in this area, and then a small incision was made. The doctors used the scope to guide them as they pulled the PEG tube into your stomach through the incision. A plastic *flange* (disk) holds the tube in place.

## When You Get Home

- Your follow-up visit with a nurse in our clinic is scheduled for 10 to 14 days after your PEG tube is placed. At this visit, the nurse will check your PEG site to see how the area is healing.
- You may shower. Do **not** take a bath, sit in a hot tub, or go swimming for 4 weeks.
- Use a Q-tip to gently clean the skin under the plastic disk (*flange*). Keep the area clean and dry. You can cover it with a soft bandage for the first 2 weeks.
- After the area has healed, you do not need to keep it covered with a bandage. It will take about 2 weeks to heal.
- Resume taking your usual medicines. Take only the medicines that your doctors prescribed or approved.
- If you have diabetes, it is important to manage your blood sugar levels. High blood sugar levels increase your risk for infection and skin sores around your PEG tube.
- A tender overgrowth of red tissue (*granulation tissue*) can occur at the incision site. This is normal and can easily be treated in our office. If it occurs, call our clinic to make an appointment. One of our doctors will look at it.
- The dietitian who met with you before your PEG tube was placed will set up a plan for you to get tube feedings when and if you need them.

## Using Your PEG Tube

- A home infusion provider will arrange for your formula and feeding supplies.
- Make sure you or a family member knows how to correctly give feedings through your PEG tube. Ask your primary care provider or home infusion provider:
  - How much formula should you get, and how often?
  - How much time should each feeding take?

- You may need to increase the amount of formula you get with each feeding. You will increase the amount until you reach the right amount for your body. A dietitian may help you figure out the right amount of formula to give yourself.
- Do **NOT** put pills into your PEG tube. Dissolve non-liquid medicines in liquid before you put them in your PEG tube. Ask your primary care provider to show you how to dissolve non-liquid medicines.

## **Flushing Your PEG Tube**

- **Flush your PEG tube 2 times a day** with 60 mL of tap water.
- You will also need to flush your tube with 60 mL of tap water before and after each time you give yourself any medicines or formula. If you do not flush it, medicines and formula can dry up and clog the tube.

## **Decompressing Your Stomach**

- Close the cap on the end of your PEG tube when you are not using it.
- If you have gas pains or nausea, you can decompress your stomach by taking the cap off the PEG tube. This can ease your symptoms.

## **Living with a PEG Tube**

Having a PEG tube may be life-changing for you and your family. You may feel angry, sad, or worried about the PEG tube, and you might wonder what others think of it. These feelings are normal. Talk with your health care providers, family, or friends about your feelings.

These tips may help make living with a PEG tube easier:

- Arrange your feeding schedule in a way that allows you to get enough sleep. Tell your primary care provider if the PEG tube makes it hard for you to sleep.
- Prepare ahead of time before you leave your home so that you feel more comfortable:
  - Make sure you have absorbent cloths or pads with you in case your PEG tube leaks. You may also want to bring a change of clothing.
  - Find out in advance where you can feed privately when you are in public places.

## When to Call

- In the next 7 days, call the Digestive Disease Center **right away** if:
  - There is bleeding from the tube or around the tube.
  - You have chills **or** a fever higher than 100°F (37.8°C).
  - You have pain in your chest or belly.
  - You are vomiting.
  - Your stool is black.
  - The tube is clogged.
- **If you get sudden belly pain while you are infusing (adding) fluids to your tube:**
  - Stop the infusion right away.
  - Call the Digestive Disease Center.
- **If your PEG tube falls out:**
  - Call the Digestive Disease Center **right away** or go to the nearest emergency room to have a Foley catheter put in.

The PEG tube opening might close up within hours if you do not do this. Having a Foley catheter put in your incision site right away will help keep your incision open until a new PEG tube can be placed.
  - Bring the broken PEG tube with you to your doctor's office or the emergency room.

## Who to Call

Weekdays between 8 a.m. and 5 p.m., call the  
UWMC Digestive Disease Center ..... 206-598-4377

After hours and on weekends and holidays, call the  
Community Care Line at Harborview Medical Center ..... 206-744-2500

### Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns.

UWMC Digestive Disease Center: 206-598-4377

Community Care Line at Harborview Medical Center: 206-744-2500