

## About PEG

### Percutaneous Endoscopic Gastrostomy

Inserting a feeding tube, (PEG) is a safe and effective way to provide food, liquids, and medications (*when appropriate*) directly into the stomach through a tube placed in the abdomen. The procedure is done of people who are having difficulty swallowing and cannot consume enough food or liquids by mouth to maintain adequate nutrition.

During the procedure, a doctor passes an endoscope (a long, thin, flexible tube with a tiny video camera and light on the end) through your mouth which is then advanced through your esophagus into your stomach. A camera on the endoscope produces pictures of your stomach which are used to ensure correct positioning of the PEG tube.

The feeding tube, which is inserted through an incision in your abdomen, rests in the stomach, and exits through the skin. By adjusting the various controls on the endoscope, the gastroenterologist can safely guide the instrument to carefully examine the inside lining of the upper digestive system.

In preparation for this procedure, you will be given an intravenous line through which sedative medication will be administered. You will be drowsy but not completely asleep during the procedure.

### **PEG Information Link**

[www.asge.org/patients](http://www.asge.org/patients)

### **Important Information**

#### **PreProcedure Contacts**

You may receive several pre-procedure telephone calls from

- Pre-Registration – to confirm your appointment and obtain insurance and contact information.
- Endoscopy Clinic – to review your medical history and answer any questions you may have.

*Please have the above information available on the day of your procedure.*

### **Medical Alerts**

- If you are on **Coumadin, Plavix**, or any other blood thinner, please call your primary care provider to let him know you have been asked to stop your medication. You may be placed on a different blood thinner until the procedure day.
- If you are **diabetic** and are on any medications to control your blood sugar, please contact your primary care provider for instructions on taking your medication the day before and day of your procedure. Continue to monitor your blood sugar as usual.
- If you have a **pacemaker or defibrillator**, please call 973-7446 to inform the nursing staff. If you have a device card for the pacemaker or defibrillator, please bring it with you.
- If you are **allergic** to any medications, please inform the physician, particularly if you are allergic to Versed or Fentanyl.
- If you have a **history of a bleeding disorder** or if you have frequent unexplained bleeding, please inform our office and physician.

### **Transportation After the Procedure**

You must have a ride home and someone to stay with you for 24 hours after the procedure. If you do not have a ride, your procedure will have to be rescheduled. If you use public transportation, you need to be accompanied home as well.

### **Insurance Authorization**

Please make sure you have prior authorization from your insurance company for your endoscopy.

If you have any questions about your PEG Tube Placement or are unable to keep your appointment, **please call our office at 973-4266.**

## Thank You!

### **PEG Tube Insertion Instructions**

*Please follow these instructions carefully. This will avoid having to reschedule. You will be called the week prior to verify your appointment and answer any questions you may have.*

### **Five Days Prior to PEG Tube**

#### **Stop taking**

- Coumadin, Warfarin, Plavix or other blood thinning products (please call your physician first)
- Non-steroidal Medication
- Iron Supplements or multivitamins with iron
- Aspirin or aspirin containing products
- Fish Oil

### **Day of the PEG Tube Insertion**

**Stop** all liquids 8 hours before your scheduled PEG time

*Please bring your regular medications with you to the Endoscopy Clinic and take them after your procedure.*

### **Please Remember**

- Arrive one hour before your PEG tube placement time
- Have a responsible person adult driver to take you home and stay with you.

### **Questions?**

Please call our office and ask to speak to our nurses at 973-4266.



**Gastroenterology Center of Maine**

*(GCOM)*

417 State Street, Suite 121

Bangor, Maine 04401

**973-4266**

*<http://gastroassociates.emmc.org>*

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*Patient Name & MR No*

You have been scheduled for an

**PEG Tube Placement**

*with*

Phillip Amidon, MD

Daniel Cassidy, MD

Jean Larson, MD

Mira Olson, MD

Sandeep Singh, MD

Scott Stern, DO

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*Date*

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*Please arrive at*

**EMMC Out Patient Endoscopy Center**

Located on the 3 floor of the parking garage. Please enter through the large double doors.