

# PERCUTANEOUS GASTROSTOMY

## Patient Information



## What is a Percutaneous Gastrostomy?

Percutaneous Gastrostomy is a procedure used to provide nutritional support to patients who cannot take food through the mouth. The procedure involves placement of a feeding tube through the abdominal wall into the stomach. This tube is then used to provide nutrients to the patient.

## Who needs a percutaneous gastrostomy?

Percutaneous gastrostomy is advised for patients who cannot swallow or take food by mouth for a long period of time. This procedure ensures they get adequate nutrition.

## Who makes the decision to conduct a percutaneous gastrostomy?

Your primary physician and the interventional radiologist performing the procedure discuss the case and decide if a percutaneous gastrostomy is necessary.

## How do I prepare for the procedure?

- You may be asked to get some new laboratory tests. These include PT, aPTT, INR, and platelet count.
- Percutaneous gastrostomy is an in-patient procedure so you have to get admitted to the ward either on the same day in the morning or a day before the procedure.
- Stop eating or drinking 24 hours before the test. You may continue taking your medicines with water. Please consult your doctor if you are on diabetes medication.
- Inform your doctor if you have any allergies or have had a bad reaction to any procedure in the past.
- Tell your doctor, if you are taking any blood thinning medications, as these may need to be stopped.
- It is advisable to bring an attendant with you.

## What happens during a percutaneous gastrostomy?

- You will be asked to lie down on your back on an X-ray table.
- A cannula (thin tube to administer medication) will then be inserted in your arm so that your doctor can give a sedative (medicine to relax) or painkiller when required.
- Sensors will be attached to your body to monitor your vitals.
- The skin where the doctor will enter the stomach (usually the left side of the abdomen below the ribs) will be cleaned, and then a local anaesthetic (numbing agent) will be injected there.
- A tube will be pushed through the nose into the stomach. Air will then be used to distend the stomach.
- A small incision (cut) is made in the skin through which a needle will be inserted into your stomach.
- Your stomach will be attached to the anterior abdominal wall using special sutures (stitches).
- A catheter will be introduced into the stomach and the external part will be fixed to the skin.

## Will it hurt?

- You may feel slight pain when a local anaesthetic is injected, after which the area will become numb.
- If you still feel discomfort, please let your doctor know. You will be given more local anaesthetic.

## How long will it take?

This procedure usually takes about one hour to complete, but may take longer in some cases.

## What happens afterwards?

- You will be shifted back to your ward and the nurses will carry out regular observations.
- Fasting is continued for 24 hours following the procedure, after which clear liquid diet is given using a catheter to see if it is working correctly.
- Fluids will be given through a cannula till feed can be started from the catheter.
- NG tube (a tube placed through your nose into the stomach) is also kept in place for the next 24 hours.

## Are there any risks associated with the procedure?

Percutaneous Gastrostomy is a relatively safe procedure; however, the below include the risks associated with the procedure:

- Incision site infection
- Aspiration pneumonia
- Leakage of stomach contents into the abdomen
- Bleeding at the incision site

Please discuss any concerns you may have about the procedure with your doctor. Visit the 24/7 Emergency and Acute Care services at AKUH if you develop severe abdominal pain. Please contact your doctor if you have any signs of an allergic reaction which include itching, redness, difficulty breathing, swelling or dizziness.

## Appointment Schedule

Contact the radiology department reception between Monday and Saturday from 8:30 am to 5:15 pm, except on public holidays. You may call the AKUH Contact Centre at 021-111-911-911 for further information.

## How can I get my radiology films and reports?

Reports and films can be collected after 24 hours of the procedure from the radiology delivery counter between 08:30 am and 08:30 pm.

### Please Note:

You are requested to:

- Bring your doctor's prescription and previous medical/radiology record on the day of the procedure.
- Please arrive 15 minutes before the scheduled time for registration and other formalities. Late arrival may lead to delay/rescheduling of your examination.
- Patients requiring urgent care may be given priority. This may result in a delay in starting your procedure. Your cooperation in this regard will be highly appreciated.
- If you are pregnant or if there is a chance you might be pregnant, inform your doctor before the procedure. Your doctor may reschedule or cancel the examination.
- It is advisable to bring an attendant with you.
- If you have any queries, please contact us at 021-111-911-911.