
Caring for your jejunostomy tube

Rehabilitation Department

Patient Information



Introduction

This leaflet aims to provide you with information about your jejunostomy (JEJ) feeding tube and to answer any questions you may have.

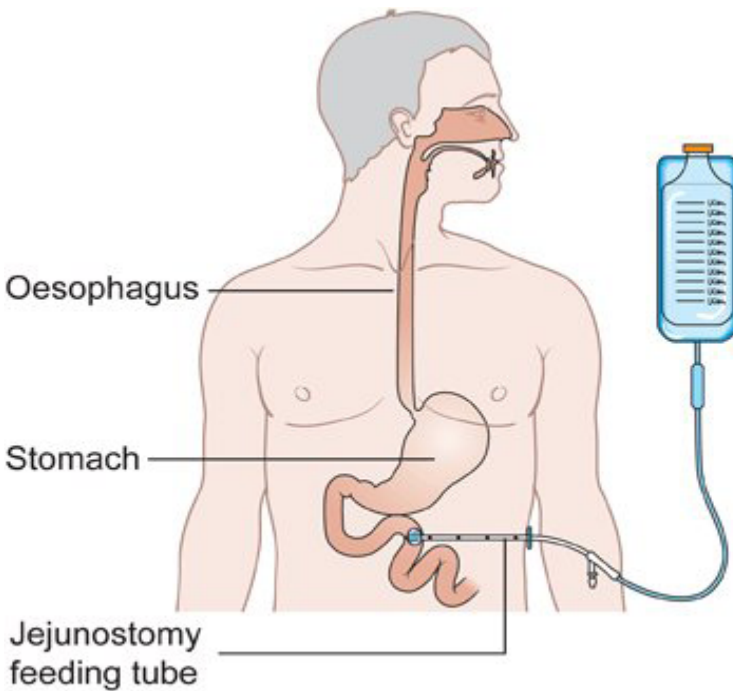


Diagram showing the position of a percutaneous jejunostomy feeding tube
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How do I care for my JEJ tube in the first two weeks after placement?

Always wash your hands with soap and water and dry them before caring for the tube.

Clean the skin around the stoma site with warm water and soap, cleaning gently from the site outwards in a circular motion.

To avoid displacing the tube, you can secure it with hypoallergenic tape.

The JEJ may be held in place with stitches. If this is the case, **do not** remove the stitches or rotate the tube. If some or all of your stitches come out, secure the JEJ tube with a dressing or tape and contact your doctor or nurse.

If you are not using your tube for feeding, please ensure you flush your tube twice a week with cool boiled water to prevent it from blocking.

If there is any sign of infection (redness, oozing, pain) let your district or key worker know and they can recommend appropriate treatment. A small amount of leakage of stomach secretions is not unusual. If you are concerned, please contact your dietitian.

Caring for your feeding tube after two weeks

After two weeks when the stoma site has healed, you can bathe as normal. However, ensure that the area around the tube is dried thoroughly afterwards.

The tube is very narrow making it prone to blockages. Please ensure the tube is flushed with at least 30ml of cool boiled or sterile water, using a 60ml syringe before and after giving feed and medication.

Some discolouration of the tube is normal and does not affect its ability to deliver feeds.

Can I administer medications down my JEJ tube?

Please ensure that your medication is prescribed in a soluble or liquid form, and check with your doctor / pharmacist that all medications are suitable to be given via your tube.

Please ensure the tube is flushed with at least 30ml of cool boiled water, using a 60ml syringe before and after giving feed and medication. This is to prevent the tube from getting blocked.

What should I do if the tube is blocked?

Gently flush the tube with warm water using a 60ml syringe.

If you can visibly see where the tube is blocked, massage the tube with your finger and thumb or put a warm compression on it to help break up the blockage.

If the tube remains blocked, gently draw back on the syringe and attempt to flush as before. It can take more than 30 minutes to unblock the tube so be patient.

If unsuccessful, contact your key worker, nurse or dietitian.

What should I do if the tube falls out?

You will need to have a new tube inserted as soon as possible as the tract will start to heal within a few hours if no tube is in place.

Do not attempt to replace the JEJ tube yourself. Put a clean dressing over the hole to prevent any bile contents from leaking onto your skin or clothes.

Contact your key worker, nurse or dietitian **immediately**.

If it is after office hours or during the weekend, please go to your local Accident and Emergency Unit **immediately** and take your JEJ tube with you.

How do I look after my feeding equipment?

Giving sets

You need to change the giving set every 24 hours.

If you are giving more than one feed a day, it is important that the giving set is stored correctly between feeds to keep it as clean as possible. When you have finished a feed, place the empty bottle with the giving set still attached in a plastic bag in the fridge, such as a supermarket carrier bag. At the time of your next feed, disconnect the giving set from the empty bottle and immediately attach it to the new feed bottle. Throw away the old, empty feed bottle.

Repeat this process at the end of each feed and remember to throw away the giving set at the end of the day.

Syringes

When you are at home your..... is responsible for supplying you with syringes.

Your syringes are used for flushing water and medication down the tube.

Your dietitian will let you know whether your syringes will be single use or reusable.

Each reusable syringe can be used 30 times and for most people the syringe will last one week (4 uses per day).

Between each use of the reusable syringe, the following procedure should be followed to clean the syringe:

- Clean immediately after each administration using fresh, warm soapy water (domestic washing-up liquid)
- The plunger should be removed to allow for thorough cleaning
- Other approved cleaning methods include dishwasher (tip uppermost), immersion in boiling water (3 minutes), cold sterilising solution (as per manufacturer's instructions) and microwave steam-steriliser (as per manufacturer's instructions)
- Allow to air dry (parts still separate)
- Once dry, store in a clean, dry container
- Only reassemble the syringe prior to use.

Please discuss with your dietitian if your supply of syringes is not adequate.

Pump

It is important to keep your pump clean. Before cleaning ensure you unplug it from the wall.

Clean using a damp cloth. Wipe any spillage as soon as possible. Stubborn stains may be removed using mild detergent and warm water.

Do not, under any circumstances, immerse the main body of the pump in water.

If you have any questions about your feed or equipment, please ask your dietitian, feeding company or district nurse.

General

If the skin around the JEJ site becomes red, sore, or there is oozing from the site, please contact your nurse or GP.

If you experience symptoms such as nausea, vomiting, diarrhoea or abdominal distension, contact your doctor or dietitian immediately.

Contact details

Hospital Dietitian

Community Dietitian

District Nurse/ Community Nurse

Nutrition Feed Company

Nutrition Feed Company Nurse Advisor

Key Worker

Further information and support

PINNT

A support group for patients receiving artificial nutrition
www.pinnt.com/Home.aspx

Macmillan Cancer Support

[www.macmillan.org.uk/Cancerinformation/
Livingwithandaftercancer/Eatingwell/Nutritionalsupport/
Nutritionalsupport.aspx](http://www.macmillan.org.uk/Cancerinformation/Livingwithandaftercancer/Eatingwell/Nutritionalsupport/Nutritionalsupport.aspx)

Cancer Research UK

[www.cancerresearchuk.org/about-cancer/coping-with-cancer/
coping-physically/diet/managing/drip-or-tube-feeding](http://www.cancerresearchuk.org/about-cancer/coping-with-cancer/coping-physically/diet/managing/drip-or-tube-feeding)

Nutricia Flocare Infinity pump

www.nutriciaflocare.com/pumptrain.php?泵=infinity

Notes and questions

References

This booklet is evidence based wherever the appropriate evidence is available, and represents an accumulation of expert opinion and professional interpretation.

Details of the references used in writing this booklet are available on request from:

The Royal Marsden Help Centre

Freephone: 0800 783 7176

Email: patientcentre@rmh.nhs.uk

No conflicts of interest were declared in the production of this booklet.

Should you require information in an alternative format, please contact The Royal Marsden Help Centre.



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