

PEG Placement PREP

Important, please review this section if you take a medication called a GLP-1 agonist (such as Ozempic, Weygovy, Trulicity, Rybelsus, Saxenda, Byetta or others) or an SGLT-2 Inhibitor (Invokana, Farxiga, Jardiance, Steglatro) for weight loss or diabetes.

If you take these medications, then you should hold your medication according to the following guidelines:

GLP-1 Agonists (Ozempic, Weygovy, Trulicity, Rybelsus, Saxenda, Byetta or others):

- For once or twice daily injectables (example Byetta, Victoza, Saxenda), hold the day before and day of the procedure.
- For once weekly injectables (example: Trulicity, Ozempic, Weygovy, Bydureon, Mounjaro), hold for 7 days before the procedure.
- For oral, daily dosing (example: Rybelsus), hold for 7 days before the procedure.

SGLT-2 Inhibitors (Invokana, Farxiga, Jardiance, Steglatro): Hold for 4 days before the procedure

If you take these medications for diabetes, then you need to contact your primary care team or endocrinologist for glucose management instructions.

If you are having an EGD (upper endoscopy) and take these medications, then you should start a clear liquid diet **24 hours** before your procedure. This will be different from your instructions that say to start a clear liquid diet at 11:45 PM the night before. For example, if your procedure is at 8:00 AM, then you should start a clear liquid diet at 8:00 AM the day before. Make sure to follow the NPO instructions (nothing by mouth 3 hours before your procedure). Holding these medications and staying on the clear liquid is important for us to safely complete your procedure.

Cancel or Reschedule Your Appointment:

If you are having flu-like symptoms (such as fever, cough, shortness of breath) within 14 days of your appointment please call to reschedule. If you have any newly diagnosed medical condition (like diverticulitis, heart problems, breathing problems), please call our office. If you need to cancel or reschedule for any other reason, call 612-871-1145 at least 72 hours prior to your appointment.

Responsible Person:

Please remember a responsible person needs to check in with you on your procedure day, go with you after discharge, drive you home after your procedure and assist you with follow up care. This takes approximately 2 hours from check-in to discharge. You will not be able to drive a car, operate machinery, or go to work until the following day. Failure to bring a responsible person may result in your appointment being rescheduled.

Some patients may experience temporary memory loss after the procedure due to use of monitored anesthesia care. You may wish to have a responsible person present during your discharge to take notes on your behalf and ask questions related to your follow up care.

If the patient is a minor or requires a legal guardian, the legal guardian must be present to check in the patient on the procedure day. If the legal guardian is not able to be present at check in, they will need to be available by phone for the duration of the procedure and through patient discharge.

1 day before your procedure:

- Stop eating solid foods and begin clear liquid diet at **11:45pm**. Clear liquids include things you can see through.
 - Examples of a clear liquid diet include: water, clear broth or bouillon (gluten free options available), Gatorade, Pedialyte or Powerade, carbonated and non-carbonated soft drinks (Sprite, 7-Up, Gingerale), strained fruit juices without pulp (apple, white grape, white cranberry), Jell-O, popsicles, and up to one cup of black coffee or tea (no milk or cream) each day.
 - The following are not allowed on a clear liquid diet: red liquids, alcoholic beverages, dairy products, protein shakes, cream broths, juice with pulp, products containing oil and chewing tobacco.
 - For additional details on following a clear liquid diet, please see <https://www.mngi.com/conditions/clear-liquid-diet>

The day of your procedure:

Morning Medications: You may take all of your morning medications including blood pressure medications, blood thinners (if you have not been instructed to stop these by our office), methadone, and anti-seizure medications with sips of water **3 hours prior to your procedure** or earlier. Do not take any chewable vitamins or supplements. To avoid cancellation, do not use marijuana/THC the day of your procedure. If you have diabetes, contact your monitoring provider for further direction on insulin and/or blood sugar management.

Continue the Clear Liquid Diet up to **3 hours prior to your procedure**, then stop drinking. As a reminder, continue to avoid red liquids, alcoholic beverages, dairy products, protein shakes, cream broths, juice with pulp, products containing oil, chewing tobacco and illicit drugs. Use of these will result in your procedure being cancelled.

- **6 hours prior:**
 - STOP consuming all liquids.
 - Do not take anything by mouth during this time.

Bring the following to your procedure:

- Insurance Card / Photo ID

- List of Current Medications including over-the-counter medications and supplements
- Bring your rescue inhaler if you currently use one to control asthma
- Bring contact lens supplies as you will be asked to remove contact lenses prior to the start of your procedure
- Advance Directives: If you have an Advance Directive, please bring a copy of your Advance Directive with you to your endoscopy appointment. Advance Directives are not honored at MNGI facilities, and in the event of a life-threatening situation, life support measures will be instituted in every instance and our patients will be transported to a higher level of care facility (i.e., hospital). In the unlikely event that you require an emergency transfer to a higher level of care facility, your Advance Directive should accompany you to that facility.

DESCRIPTION OF PEG PLACEMENT

What is PEG placement?

PEG (percutaneous endoscopic gastrostomy) is a procedure by which a feeding tube is placed to provide long-term nutritional support for patients who are unable to swallow as a result of head or neck tumors, trauma, stroke or other severe neurological problems.

What should I expect during PEG placement?

Your medical history will be reviewed with you by your health care team including a nurse and your gastroenterology physician. An IV line will be placed. The procedure itself takes about 30 minutes to complete. A flexible tube called an endoscope is passed through your mouth into your stomach. An endoscope allows the physician to see the inside of your esophagus and stomach. It also helps locate the proper place in your stomach in which to position the feeding tube. Once the best location has been determined, the skin is numbed, and a small incision is made into the abdomen through which a small tube is inserted. This is the feeding tube. The tube is held in place by a small button-like object called a bumper. It is now possible for formula, fluid, liquid dietary supplements, and if directed, medications to go through the tube directly into the stomach. Minor discomfort during the procedure may be felt, such as abdominal pressure or bloating.

During the procedure:

During your procedure, your health care team will administer medications and monitor vital signs. Your healthcare team will help determine the appropriate type of drug to be used during the procedure to keep you safe and comfortable.

What should I expect after PEG placement?

After the procedure you will stay in the Endoscopy Department for a short period of time. If this is your first feeding procedure you will be admitted to the hospital for a day or two. Usually, the tube feedings do not begin until the following morning. Feeding tube changes do not require a hospital stay.

The PEG tube does not prevent you from eating regular food. The PEG tube provides an access, directly into your stomach, for extra nutrition if you are not able to take enough nutrition by mouth. The tube will only be in place as long as you need it to meet your nutritional needs. Some people may need it for a short period of time and others may need to leave it in for their entire life. It is not uncommon to need to replace the tube from time to time if long term use is required. The tube can be easily removed when it is no longer needed.

What are the possible complications of PEG placement?

Although problems with PEG tubes are rare, it is important for you to know when to call the doctor. Call if you have diarrhea for more than 48 hours, persistent nausea or vomiting, dehydration symptoms (thirst, dry tongue, fever, skin changes), vomiting of feedings; bloating, or abdominal distention, severe pain at tube site, a temperature over 101, excessive drainage or bleeding from the site or if it is difficult or impossible to flush the tube with formula or water.

Support:

Your tube may be made by **Bard Interventional Products** or **Wilson Cook**. **Bard** has a support number you can call anytime, day or night; 1-866-893-2691. **Wilson-Cooks** support number is 1-800-815-4707 and they are available 8am-5pm. You may also call your physician's office.