

## **PEDIATRIC PEG TUBE INSERTION PREP**

Ensure a legal parent or guardian will be in attendance the day of the procedure.

Make plans to be with your child or have another adult present for 12 hours after the procedure.

**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.

### **Day of Procedure**

Your healthcare provider will provide instructions on how your child should prepare for the procedure. If you have not discussed this with our office, please call **612-871-1145**.

### **Morning Medications**

Your child may take all 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 the procedure or earlier**. Do not take any chewable vitamins or supplements. If your child has diabetes, contact your monitoring provider for further direction on insulin and/or blood sugar management.

### **8 hours before procedure arrival time:**

Stop eating solid foods

### **6 hours before procedure arrival time:**

- o Begin clear liquid diet (clear liquids include things you can see through).
  - o 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.
  - o The following are not allowed on a clear liquid diet: red liquids, dairy products, protein shakes, cream broths, juice with pulp, products containing oil and chewing tobacco.
  - o For additional details on following a clear liquid diet, please see <https://www.mngi.com/conditions/clear-liquid-diet>

To meet energy needs, please include liquids that both contain sugar as well as those without. If your child is a diabetic, consult your physician for a diabetic meal plan.

### **Day of procedure:**

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. To avoid cancellation, do not use marijuana/THC the day of your procedure.

### **Clear Liquid Diet**

- For more details on following a clear liquid diet, please see <https://www.mngi.com/conditions/clear-liquid-diet>
- Clear liquids are anything that you can see through (NO red).
- 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), clear juices (apple, white grape, white cranberry), Jell-O, popsicles, and up to one 8 fl. oz. cup of dark soda, black coffee or tea (no milk or cream) each day.
- **DO NOT use or drink the following on a clear liquid diet:** red liquids, alcoholic beverages, dairy products, protein shakes, cream broths, juice not listed above, products that have oil, or chewing tobacco. **If you do, your procedure will be cancelled.**

## **DESCRIPTION OF PEG INSERT**

### **What is PEG Insert?**

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 take enough calories by mouth. Some patients need feeding tubes for a short time while others need it for their entire life. This will depend on the patients specific needs and might not be known right away.

### **What to expect during PEG Insert?**

The patient's medical history will be reviewed by the health care team including a nurse, surgeon, and gastroenterology physician. An IV line will be placed. The health care team will administer medications and monitor vital signs. The healthcare team will help determine the appropriate type of drug(s) to be used during the procedure to keep the patient safe and comfortable.

The procedure itself takes about 30 minutes to complete. A flexible tube called an endoscope is passed through the mouth into the stomach. An endoscope allows the physician to see the inside of the esophagus and stomach. It also helps locate the proper place in the stomach to place the feeding tube. Once the best location has been determined, the skin is numbed, and a small incision is made by the surgeon into the abdomen through which a small tube is inserted. This is the feeding tube. Once in place, the feeding tube is held in place by a small button-like object called a bumper. This is on the inside of the stomach and cannot be seen. A long tube will be on the outside of the body for formula, fluid, liquid dietary supplements, and if directed, medications, to go directly into the stomach.

### **What should we expect after PEG Insert?**

After the procedure the patient will be admitted to the hospital for a day or two. Usually, the tube feedings do not begin until the following morning.

PEG tubes need to be changed to a different tube 3-6 months after the first one is placed. MNGI will contact you to schedule this once we know the tissue is healed and the tube can be changed. The tube change procedure will be scheduled at a pediatric hospital.

**What are the possible complications of PEG Insert?**

Although problems with PEG tubes are rare, it is important for you to know when to call the doctor. Call if the patient has 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:**

If you have any questions or concerns please call MNGI at 612-871-1145.