



**FRESENIUS
KABI**

caring for life

Freka® Pexact II

Freka Balloon Gastrostomy
Feeding Care Guidelines
For Patients & Carers

7601365 Freka® Pexact II FR 15, ENFit



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Introduction

This booklet aims to provide you with information about your balloon gastrostomy feeding tube as part of the Freka® Pexact II and to answer any questions. If you have additional questions or would like further explanation please contact your Doctor, Nurse and/or Dietitian who will be able to help you. Please put this booklet in a safe place as you may wish to refer to it in the future.

What is a balloon gastrostomy feeding tube?

A balloon gastrostomy feeding tube is a small feeding tube which is inserted directly into the stomach so that you can receive enteral feeds, fluids and medications without swallowing. It will provide you with a safe and long-term method of obtaining nutrition.

How is the balloon gastrostomy feeding tube inserted?

Your balloon gastrostomy feeding tube will be placed into your stomach through the channel (or stoma) formed by your original gastrostomy. The stoma length will be measured if you are having a button gastrostomy inserted at a later date. This will be discussed with your local healthcare professional. Once inserted, the GastoTube is held in place by a small retention balloon which is inflated with a specified amount of sterile water or 0.9% saline (dependent on the size of your tube).

Your Freka Pexact balloon gastrostomy feeding tube will be surgically placed into your body through a stoma which is a channel through the skin directly into the stomach. Once inserted the Freka Pexact balloon gastrostomy feeding tube is held in place by a small retention balloon which is inflated with 5 ml of sterile water. The filling volume of the balloon needs to be checked regularly - see page 4 for instructions on how to check balloon filling volume.

Why do I need a balloon gastrostomy feeding tube?

You are currently unable to take enough food and fluid by mouth to meet all your nutritional needs. The Freka® pexact balloon gastrostomy feeding tube will provide access for nutrition, fluid and medication administration into your stomach.

How long will the tube last?

The tube is made from silicone, which is compatible with the human body. If the tube is well cared for, the Freka® Pexact gastrostomy feeding tube can last several months with the proper care.

How soon after tube insertion can I begin feeding?

This will be decided by your Doctor, Dietitian or Nurse. Feeding may begin 1-2 hours post tube placement although it is recommended to follow your local healthcare policy guidelines. The feed is usually introduced slowly to begin with, so that your body can adjust to the feed.

What feed will I receive?

You will receive a prescribed, commercially produced liquid feed (also known as enteral nutrition or tube feed) which contains all the essential nutrients you will need on a daily basis.

You may receive part or all of your daily food via your Freka® Pexact balloon gastrostomy feeding tube, depending on your specific medical condition and needs.

You may also need extra fluids through your Freka® Pexact balloon gastrostomy feeding tube. Water can be administered using a syringe or administration set.

Feeding method and regimen

Pump controlled continuous feeding is recommended with dedicated enteral feeding pumps only. Your Doctor, Dietitian or Nurse will show you how to connect the giving set to the balloon tube and start feeding. After administration of nutrition and flushing, close the tube clamp and disconnect the giving set. Close the tube with the cap and open the tube clamp again.

Your Dietitian will prescribe the volume and rate of your feed to suit your needs. You may be fed intermittently or continuously during the day or overnight, depending on which is best for you.

Always follow the recommended regimen. If you have any problems with the feed you should inform your Dietitian.

To prevent heartburn and feed refluxing you should feed in an upright position. For overnight feeding you should use supporting pillows or a backrest. If you find this uncomfortable, you can raise the mattress at the head of the bed instead.

Freka® Pexact Tube Care

The Freka® Pexact balloon gastrostomy feeding tube should be flushed using an ENFit syringe with 20 ml of cooled, boiled water before and after your feed, or medicine administration, or as directed by your Healthcare Professional to prevent tube blockages. You should only use the tube to administer feed, water and prescribed liquid medicines.

Administration of medicines

All medicines should be administered in liquid form. Administer medication via the medication port of the giving set or directly via the ENFit connector of the Freka® Pexact gastrostomy tube. Do not mix medication, in particular antacids or any other fluids with enteral nutrition to avoid tube clogging.

Do not crush sustained-release tablets/capsules. They are unsuitable for crushing because the whole dose is released at once.

Medication with enteric coatings should not be crushed and given via your balloon gastrostomy tube as they are designed to be released in the small intestine.

Do not add medicines to your enteral feed as it may cause physical/chemical instability of the feed and cause a blockage.

Flush your tube before and after administration of each medicine with water. Medications should be given separately to prevent possible interactions. For any questions contact your doctor or pharmacist.

Methods of flushing the tube

Before and after each administration of medicine, the Freka® Pexact gastrostomy tube must be flushed thoroughly with 20 ml of cooled, boiled (lukewarm) water.

Use an ENFit® syringe for flushing.



Option 1. Connect the ENFit syringe to the medication port of the giving set. Turn the medication port to 90° in order to administer water or medication.



Option 2. Connect ENFit syringe and secure to the Freka® Pexact Balloon gastrostomy tube.

Checking the fluid in the balloon gastrostomy

The filling volume of the balloon will need to be checked regularly by your **Healthcare Professional**.

To do this, gently push the balloon tube into the stoma. Attach a 5 ml Luer syringe to the orange balloon valve and withdraw the fluid.

If there is less than 5 ml, check the orange valve for leakages. Check the filling volume again in 24 hours.

Refill the balloon with 5 ml of sterile water or boiled then cooled water.

In case of repeated volume loss after 24 hours or leakages of the valve, the balloon tube must be replaced, consult with your healthcare professional.

IMPORTANT NOTE

When the balloon is empty, it is absolutely essential for the tube to be held and fixed in position to prevent it slipping out.

The maximum filling volume of 5 ml for the balloon shall not be exceeded.

If the balloon tube is inadvertently removed, a doctor must be consulted immediately as the stoma can close within 24 hours. A new balloon tube must be placed.

It is important not to underfill or overfill the retention balloon. Never inflate the balloon with more than 5 ml.

Care instructions for the puncture site

Change dressing and check the puncture site daily during the first week.

After that, the frequency of dressing changes will depend on the prevailing wound conditions (approx. every 2-3 days).

Open the blue clamp on the outer retention plate and pull it back far enough that the puncture site and bottom of the retaining plate can be cleaned thoroughly.

Clean puncture site, feeding tube and fixation plate with warm water and mild soap.

Dry the puncture site thoroughly. If appropriate, a slit compress can be placed under the fixation plate.

You may notice some discomfort and/or clear discharge after the insertion of the Freka® Pexact balloon gastrostomy. This is common and nothing to be concerned about. A small dressing may be applied for about 7 days until this settles. If you have pain or continued discomfort you should seek advice from your local Healthcare Professional.

You should rotate the balloon gastrostomy a full circle (360°) each day. This will help maintain a healthy stoma.

A very thorough aftercare is recommended if you have diabetes, severe cachexia, polypathia and poor general condition as you may be at increased risk of infection.

If you notice any redness, pain, odour or discharge, you should contact your Doctor or Nurse who will take a wound swab to identify what is causing the problem.

In case of healing disorders like induration or tenderness, or if feed or secretions are leaking from the stoma site, a healthcare professional must always perform an examination.

Your doctor may prescribe antibiotics which you can administer in the same way that you administer your regular medicines (see Administration of medicines). If you notice feed leakage around the stoma site you should stop feeding and contact your Healthcare Professional.

If you experience nausea, vomiting or constipation you should contact your Healthcare Professional immediately for advice.

Replacement of a balloon gastrostomy

Your balloon gastrostomy will be replaced according to your local hospital replacement policy. It is recommended to replace the Freka® Pexact balloon gastrostomy tube after 90 days. The balloon tube can be replaced by Freka Gastrotube or Freka Belly Button. Please discuss this with your Healthcare Professional.

Removal of a balloon gastrostomy tube

The Freka Pexact gastrostomy tube should be removed by a medical practitioner or qualified Healthcare Professional and disposed of appropriately. The balloon tube must not be replaced until the stoma canal has healed completely. Otherwise there is a risk of injury.

- Pull back the external fixation plate.
- Connect a 5 ml Luer syringe to the orange lateral valve and withdraw the fluid of the balloon completely.
- Gently withdraw the balloon tube out of the stoma while holding the abdominal wall with the hand and exert a light counter pressure.
- Apply a plaster. A fasting period is not necessary. The stoma closes within 24 hours under normal conditions. Medical supervision is recommended until the stoma is completely closed.

Cover the site with a waterproof dressing until the stoma closes. If the tube is to be replaced. Your healthcare professional will provide advice on this.

Disposal:

The used gastrostomy tube or replaced parts can be disposed in the household rubbish as long as there is no infectious materials.

Frequently asked questions

Can I swim, bath or shower?

After the site is fully healed, you can bathe, shower and swim as normal. Ensure the clamp is closed. Thoroughly dry the area afterwards.

How long will the tube last?

This will depend upon the type of tube you have had placed. Your healthcare professional can provide this information. Following the aftercare information will help to prolong the life of the tube.

Who do I contact if the tube gets damaged or I get a problem with the site?

Contact your local Healthcare Professional. After you have received medical advice for any side effects you experience, you can report side effects to the manufacturer as well as Therapeutic Goods Administration online at <https://www.tga.gov.au/medical-device-incident-reporting-investigation-scheme-iris>. By reporting side effects, you can help provide more information on the safety of this medical device.

Can I go on holiday?

Enteral feeding does not stop you going on holiday but it is a good idea to have a letter from your doctor and make sure you have the necessary insurance. Contact your local Healthcare Professional for advice about replacement tubes and information regarding the supply of your feed.

If I cannot eat what will happen to my mouth?

Plaque can build up very quickly so it is important to brush your teeth at least twice a day. A mouthwash or artificial saliva may help if your mouth is dry. Please consult your healthcare professional for guidance.



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