

CF Guidelines - Gastrostomy Tube Replacement

Replacing Gastrostomy Tubes:

Balloon Gastrostomy tubes should be replaced every 3-6 months or sooner if there are problems. Please contact your CF nurse for advice if there are problems.

- Equipment:
 - New gastrostomy tube - correct size.
 - Water based lubricating gel.
 - 2 x 5ml syringes.
 - Cool boiled water/sterile water.
 - Sterile dressing pack.

- Procedure:
 - Wash and dry hands thoroughly and arrange all equipment.
 - Place the patient in a lying down position and put on gloves.
 - Draw up 5ml of water/air into one of the syringes and attach this to the inflation port of the new gastrostomy tube. Instil the water/air into the balloon and check for leaks or uneven inflation. If the balloon is faulty do not use it and contact your CF nurse. Deflate the balloon and set aside.
 - Attach the second syringe to the inflation port of the patient's gastrostomy tube and withdraw all the water from the balloon. Check the amount of water removed is correct then disconnect the syringe from the tube.
 - Gently pull the gastrostomy tube away from the patient's stomach and remove from the stoma whilst holding the surrounding skin with the other hand.
 - Once the gastrostomy tube has been removed wipe the stoma with gauze and check site for any redness or rash.
 - Take the new gastrostomy tube and place a small amount of lubricating gel on the balloon tip. Gently insert the gastrostomy tube into the stoma applying pressure until the tube is fully inserted into the stoma.
 - Take the syringe of fresh water used to check the balloon and attach to the inflation port.
 - Hold the tube firmly in place whilst instilling the correct amount of water into the balloon - 5 ml of water.
 - Remove the syringe from the inflation port whilst maintaining pressure on the syringe to prevent back flow of the water.
 - Check the position of the tube by rotating 360 degrees and testing some aspirate with pH paper - if concerned.

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