



# JEJUNOSTOMY (JEJ) TUBE

THE FOLLOWING INFORMATION IS AIMED AT SUPPORTING YOU ON HOW TO CARE FOR THE JEJ TUBE.

**IMPORTANT NOTE:** It is important that you contact your Nutricia Homeward Enteral Nurse Specialist if you need additional training on the Flocare pump or tube feeding.



## IMMEDIATE ACTION REQUIRED

It is important that you are aware of the signs and symptoms which may occur up to 72 hours following the insertion of a JEJ tube.

The following signs require IMMEDIATE urgent medical attention.

1. Pain during feeding (including medication delivery and water flushes)
2. Any pain or distress after procedure
3. New bleeding from the stoma site
4. Leakage of fluid around the tube.

In the event of any one of these symptoms, the following actions MUST be taken:

1. Stop feeding/medication delivery immediately.
2. Seek immediate medical advice in order that the patient is examined and their symptoms assessed immediately.

Messages must not be left on a telephone answering machine.

Contact the emergency number provided by the hospital.

Tel No: \_\_\_\_\_

## IMMEDIATE POST PLACEMENT CARE (UP TO 10 DAYS) OF THE JEJ TUBE

Careful cleaning around the stoma site will reduce the possibility of soreness or infection.

- Wash hands before and after handling the tube
- Leave the external fixation device in place (if present); if the device is digging into the skin contact the managing healthcare professional for review immediately
- If the feeding tube is secured with stitches and you note any loose or missing stitches loosely tape the tube to the skin to secure, do **not** use the tube and contact the managing healthcare professional immediately for instructions on how to proceed
- If the tube is secured with a dressing, if it becomes loose do **not** use the tube and contact your managing healthcare professional immediately for instructions on how to proceed
- Clean the skin around the stoma site and under the external fixation device (if applicable) with sterile water or saline using sterile gauze (that does not shed fibres). Ensure the skin is then dried thoroughly. Do this at least once a day or as advised by the managing healthcare professional for the first 7 days
- From day 7 onwards clean the skin around the stoma site and under the external fixation device (if applicable) with a mild soap solution and fresh tap water, using clean cloth for this purpose only. Ensure skin and external fixation device is dried thoroughly
- Report any inflammation or oozing from the site to the managing healthcare professional immediately and do not use the tube until you have received instructions on how to proceed.

## DAILY CARE OF THE JEJ TUBE

After 10 days post placement it is advised to care for the skin and tube as follows:

- Wash hands before and after handling the tube
- Leave the external fixation device in place (if present). Note the tube position by observing the cm graduation marking at the skin surface. If there is a change in position of the tube do **not** use and contact the managing healthcare professional to confirm placement
- Clean the skin around the stoma site and under the external fixation device as per the training provided by the Nutricia Homeward Enteral Nurse Specialist. Ensure the skin and external fixation device are thoroughly dried – do this once per day
- Flush the tube as per training provided by Nutricia Homeward Enteral Nurse Specialist, with water (type and volume as recommended by the managing healthcare professional) before and after the administration of enteral nutrition or medication or 4-6 hourly if feeding is not in progress (except during the night) or as recommended by the managing healthcare professional, to prevent tube blockage
- Do **not** rotate or move the feeding tube as advised during training provided by the Nutricia Homeward Enteral Nurse Specialist, as manufacturers guidance varies depending on the type of feed.

## HOW DO I CHECK POSITION OF THE JEJ TUBE

It is important to check the position of the tube, as demonstrated during the training provided by the Nutricia Homeward Enteral Nurse Specialist, to make sure the enteral nutrition goes directly where it should in the body (the jejunum). Check the position of the JEJ tube prior to every delivery of enteral nutrition, medication or water by observing the cm graduation marking of the tube at the skin surface remains unchanged since initial insertion and the stitches or dressing remain intact.

If the feeding tube appears to have moved (if the feeding tube appears longer or shorter, or the cm graduation marking is different or the stitches/dressing are loose or missing), do **not** use tube and contact the managing healthcare professional for further instructions.

## IMPORTANT NOTES

It is important the patient is sitting at a 45° angle during enteral feeding and for at least one hour after enteral nutrition has been administered.

Avoid using creams and powders as they can damage the tube material and may lead to irritation of the skin and give rise to infection.

If the skin around the site becomes red or sore, or there is oozing or bleeding from the site, contact a healthcare professional for advice. Only apply a dressing if advised to do so by a healthcare professional.

The patient can shower, bath and swim as normal if the stoma tract has been fully formed. As healing is dependent on the patient's medical condition please check with the managing healthcare professional for advice.

Always ensure the tube end is closed and any clamp on the tube is applied during these activities. Always dry the site and tube thoroughly after bathing and swimming.

## TROUBLESHOOTING THE JEJ TUBE

### THE JEJ TUBE HAS BECOME BLOCKED

If there is resistance when flushing the JEJ tube, do **not** force water into the tube:

- Check the tube cm graduation marking at skin surface remains the same as when the feeding tube was placed. If tube position has changed or the stitches/dressing is loose or missing do not attempt to unblock the tube until you have received instructions on how to proceed from the managing healthcare professional
- Using a gentle pull and push technique flush the tube using a 60ml enteral syringe with warm water, type and volume as recommended for jejunal use by the managing healthcare professional

**Do not use acidic solutions such as fruit juices or cola as they can curdle the enteral nutrition product**

- If a blockage still exists, gently squeeze the tube between the fingers along the length of the tube as far as possible
- If the blockage persists contact the managing healthcare professional or Nutricia Homeward Enteral Nurse Specialist for instructions on how to proceed.

### IMPORTANT NOTES

You are advised to contact the managing healthcare professional immediately if there is any reason that medication or enteral nutrition needs to be delayed or omitted due to no available enteral or oral route.

## THE JEJ TUBE HAS COME OUT

**IMPORTANT:** If the tube has been removed or if there are any signs of trauma to the stoma tract (such as bleeding), or any signs of pain or distress, please seek urgent medical review.

- The patient will need to have a new tube inserted as soon as possible, otherwise the stoma tract will start to heal and may completely close soon after the tube has come out
- A JEJ tube cannot be replaced at home. Contact the managing healthcare professional or local hospital immediately. A doctor will need to replace the feeding tube in hospital.

### Follow the steps below:

- Remain calm
- Place a clean dry dressing over the stoma to prevent contents leaking onto the skin or clothes
- If the patient is in pain and it is safe to have oral medication they should take their prescribed pain relief
- Contact the managing healthcare professional and explain that the JEJ tube has come out
- If the managing healthcare professional is unavailable, contact the GP or local hospital emergency department to let them know the tube will need to be replaced. This will give the department time to find the medical notes and to ensure a member of staff is available to reinsert a new tube. Inform the emergency department what type of JEJ tube it is (if you know) and take the old tube that has fallen out with you in a clean plastic bag
- Emphasise that the new tube will need to be replaced as soon as possible as the stoma tract will heal over and may completely close soon after the tube has come out.

The Nutricia Homeward Nursing Service advice literature is provided as guidance following Nutricia Homeward Nursing Service training, and should not be used as a substitute for medical advice. Always contact your healthcare professional prior to making any changes to your tube feeding regimen.

Please contact the Nutricia Homeward Enteral Nurse Specialist or managing healthcare professional for the most up to date version every year. Provided on behalf of Nutricia Ltd at the request of the NHS managing healthcare professional.

**IMPORTANT: Always seek urgent medical advice if there are any signs of abdominal pain, chest pain or breathing difficulties.**

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