



Going home after your Gastrostomy Tube Insertion

Today you have had an endoscopy to have a gastrostomy tube inserted.
Dr. _____ inserted your tube.

When you get home there are a few things you need to watch out for:

Frozen or numb throat

Your throat was frozen with a local anesthetic to reduce your gag reflex.
The freezing makes it hard to swallow and to tell hot from cold.

- Do not eat or drink until _____. Before you start to drink
time
try a few sips of water at room temperature.

You may have a hoarse voice or sore throat. This is normal. Once you are
able to swallow, lozenges or warm salt water gargles may be helpful.

Using your G-tube

Do not use your G-tube for _____ hours.

Sedation Yes No

If you were given sedation you must not:

- drive
- drive or ride on a motorcycle
- operate machinery
- drink any alcohol
- make major or legal decisions

for 24 hours after the endoscopy.

Stomach or chest discomfort

This discomfort is most likely due to the air that was put into your stomach
during the endoscopy and will not last long. You may have some pain
around your incision. Take the pain medication as ordered by your doctor.
It will go away in a few days. If the pain gets worse or does not go away
talk with your doctor or nurse.

Dressing care

Leave the dressing on. Keep it dry. A visiting nurse will show you how to care for your dressing.

What to watch for

Call the doctor who inserted your tube, Dr. _____ at 905-_____ or call 905-521-5030 to contact the doctor on-call or go to the nearest emergency room if you have:

- fever and chills
- any face, neck, throat or chest swelling
- chest or stomach discomfort that does not go away or gets worse
- hard time breathing or swallowing
- if your tube falls out

Follow-up

Your follow-up appointment has been arranged with the Community Care Access Centre or CCAC. A visiting nurse will come to your home. If you have no visit within 24 hours call your family doctor.

Questions

If you have any questions about your gastrostomy tube, call the doctor who inserted your tube.

Special instructions
