

Freka® Belly Button

Aftercare Sheet

Name	
Tube Size	
Date of Placement	

> General Information:

- The tube in situ is a Freka Belly Button, placed directly into the stomach, held in place by an internal retention balloon.
- The area where the tube enters the stomach is called the stoma site.

> Initial Care:

- Feeding can start immediately after tube placement, but this will be decided by your healthcare professional. Refer to your individual feeding regimen.
- If there is localised swelling, stop feeding and report to your local healthcare professional.
- The tube should be flushed with at least 20ml of water before and after feed or medicine administration, or at least once a day, as directed by your healthcare professional.

> Daily Care:

- Clean stoma site daily with mild soap and water and ensure adequate drying.
- Observe stoma site daily for leakage, swelling, redness or inflammation. Report any problems to your local healthcare professional.
- Flush tube with 20ml water (as per local/hospital policy) before and after enteral feed and liquid medications.
- Do not use dressings unless clinically indicated.

- The balloon should be filled with the specified amount sterile water listed below.

Freka Belly Button Tube size FR/CH	Recommended filling volume
12	3ml
14	4ml
16	5ml
18	5ml
20	8ml
24	8ml

- The water level in the Freka Belly Button should be checked at least once a week. Your local healthcare professional can show you how to do this or will do it for you.
- Feeds and fluids should be administered through a Freka® 30cm extension set. Do not attach syringes or administration sets directly to the Freka® Belly Button gastrostomy tube as they may damage the valve.
- If tube becomes blocked refer to local policy.
- **Do not** flush tube using force. If tube remains blocked, inform your local healthcare professional.
- **Do not** put anything down the tube other than feed, water and liquid medication.
- Rotate the tube through a full circle (360°) once a day.
- The Freka Belly Button can remain in situ for several months with the proper care, before it requires replacing. This may vary based on different factors, e.g. the fill level of the balloon, and aftercare.

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