

Freka[®] Gastro Tube

Aftercare Sheet

Name	
Tube Size	
Date of Placement	

> General Information:

- The tube in situ is a Freka Gastro Tube 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:

- Water/feed is usually commenced 6-12 hours after placement. Refer to individual feeding regimen.
- If patient complains of pain or there is localised swelling, stop feeding and report to your local healthcare professional.
- Flush tube 4-6 hourly with water (as per local/hospital policy). This does not need to be done through the night.

> 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 - some clear fluid may be present, this is normal. Report any problems to your local healthcare professional.
- Flush tube with water (as per local/hospital policy) before, during and after enteral feed and medications.

- Do not use dressings unless clinically indicated.
- The balloon should be filled with 5 - 7.5ml sterile water or 0.9% saline.
- The water level in the Freka Gastro Tube should be checked every 6 weeks. Your local healthcare professional can show you how to do this or will do it for you.
- If tube becomes blocked use warm water/carbonated water/soda water and refer to local policy if applicable.
- **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 medication in liquid form.
- Rotate the tube through a full circle (360°) at least once a day and no less than once a week.
- Once stoma tract has healed, fixation device can be moved for cleaning. However, it should be returned back to its original position (approx 1cm away from skin) to prevent migration/movement.
- The tube can remain in situ for several months with the proper care, before it requires replacing.

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