



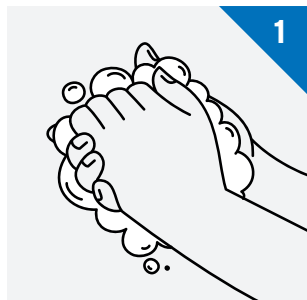
# How to rotate and advance the Freka® Percutaneous Endoscopic Gastrostomy (PEG) feeding tube<sup>1,2</sup>

It is very important to advance and rotate the Freka PEG tube regularly. This is to prevent the internal disc getting buried in the stomach lining, a condition called Buried Bumper Syndrome. Rotation and advancement should be carried out once a day.

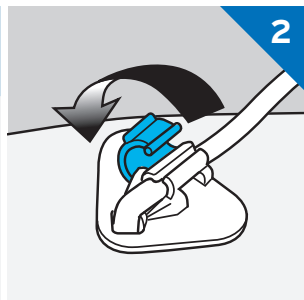
## Getting ready

- Always refer to local guidelines
- Always check with your Healthcare Professional about when to start rotation
- **Do not rotate** the tube if the site is discharging or has not healed

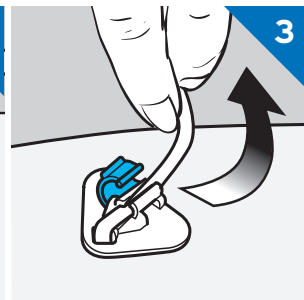
## How to advance and rotate



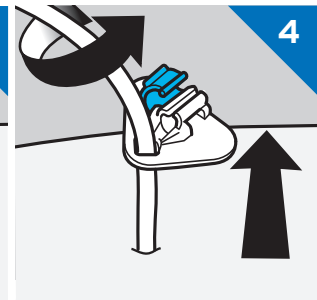
1 Wash hands thoroughly with soap and water  
Clean the external plate as advised by your Healthcare Professional



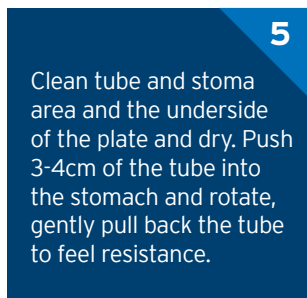
2 Open the fixation catch



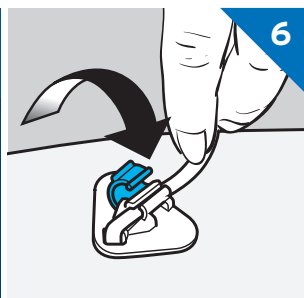
3 Detach tube from groove in fixation plate



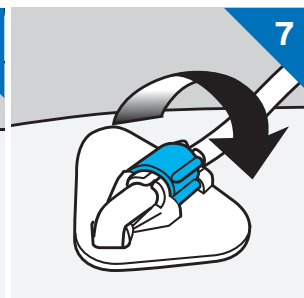
4 Move plate away from skin



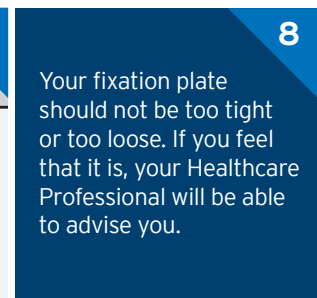
5 Clean tube and stoma area and the underside of the plate and dry. Push 3-4cm of the tube into the stomach and rotate, gently pull back the tube to feel resistance.



6 Place the fixation plate back to its original position (approx 1cm away from the skin). Re-insert tube in the groove



7 Close the fixation catch



8 Your fixation plate should not be too tight or too loose. If you feel that it is, your Healthcare Professional will be able to advise you.

## References

1. Löser, C. et al. ESPEN Guidelines on artificial enteral nutrition, Percutaneous Endoscopic Gastrostomy (PEG). Clin Nutr 2005; 24 (5): 848-861
2. NNG Good Practice Consensus Guideline - Exit Site Management for Gastrostomy Tubes in Adults and Children (2013) [www.nnng.org.uk](http://www.nnng.org.uk)