Other formats:

If you would like this information in another language, large print or audio, please ask the department where you are being treated, to contact the patient information team: patient.information@addenbrookes.nhs.uk.

Please note: We do not currently hold many leaflets in other languages; written translation requests are funded and agreed by the department who has authored the leaflet.

We are now a smoke-free site: smoking will not be allowed anywhere on the hospital site. For advice and support in quitting, contact your GP or the free NHS stop smoking helpline on 0800 169 0 169.

Clinical nutrition

Patient Information

How do I look after my Pexact tube

Home delivery Company 24 hour helpline

- Abbott Nutrition: 0800 0183799
- Nutricia Homeward: 08457 623636
- Fresenius Homecare: 0808 1001990
**Why do I have a Pexact?**
You have this tube because you are unable to safely swallow enough food and drink to keep you healthy. It provides a safe route for you to receive all the nutrients you require without choking on your food.

**How long do I need to have my Pexact?**
Most people require a feeding tube for a long time as their swallow remains unsafe.

After approximately four weeks your Pexact will need changing to another, similar tube along with removing the stitches. This will be done by the nutrition nurse specialists. We will arrange this to fit in with your treatment and clinic appointments.

After the first change, it does not need to be changed for another three months. It may be possible that this can be done at home by the company nurse.

You will be reviewed regularly by a dietitian who will advise how long you need the tube for and when you can eat and drink normally again.

If you no longer need the tube it can easily be removed by either the nutrition nurse specialists or your company nurse.
What else do I need to look out for?

You need to look at your site regularly to check for signs of infection. The things to look out for are:

- redness
- pain
- discharge which is yellow and smelly

If you notice these signs contact your GP, your company nurse or the nutrition nurse specialists.

It is also possible for the skin at the exit site to become pink and/or lumpy and it may bleed easily. This may be an overgrowth of tissue which can be easily treated with a special dressing or ointment. Contact your GP, company nurse or the nutrition nurse specialists if you are worried.

Also look out for:

- Leaks of fluid around the tube
- Pain on feeding or flushing your tube
- New bleeding

If you have any of the above signs, stop feeding immediately and telephone:

Monday to Friday - 08:30 to 16:00 - nutrition nurse specialists

**01223 216037**

Out of hours – Please contact your GP

If you cannot wait to be seen by your GP, please contact your local hospital’s emergency department.

What is a Pexact?

A Pexact is a soft balloon retained gastrostomy tube placed through your skin into your stomach to allow feed to enter directly.

Occasionally the tube that you will have may differ slightly in its design.

**Balloon Retained** – there is a small balloon on the end which when inflated with water, holds the tube in place inside the stomach.

**Gastrostomy** – opening to the stomach.

There are two stitches close to the tube to help secure its position. These will be removed after about four weeks by the nutrition nurse specialists at Addenbrooke’s.

The big port is where your food and water must go down to enter your stomach, there is a choice of two ends to close the tube.

The tube is prevented from falling out because of the balloon inflated in your stomach.

The small orange port is for inflating the balloon.

The tube is prevented from sliding too far into the stomach by another bumper on the outside.
How do I clean my Pexact and the skin around it?

For the first week:
- Remove the dressing the day after your tube is inserted, this is no longer required.
- Clean the tube and site daily.
- Use the gauze swabs provided. Carefully clean the site under the outside bumper and the stitches using neat Octenisan body wash, then cleanse with warm water. Dry well. Apply the Bactroban ointment around where the tube exits the skin.

After the first week:
- It is no longer necessary to use the Octenisan and Bactroban. Continue to clean daily with warm soapy water.
- You can slide the outside bumper along the tube to make cleaning the site easier. Make sure you replace the bumper approximately 2mm from the skin so that the tube does not slide in and out.
- Do not forget to clean the back of the bumper.

Can I have a bath?
For the first two days after your tube is placed do not have a bath or shower. Wash using the Octenisan body wash.

For the rest of the first week you may have a shallow bath or a brief shower using the Octenisan body wash. Try not to immerse the site completely in water.

After the first week, if the skin around your site is clean and dry you may return to your normal bathing routine. If you have any concerns please contact either your company nurse or the nutrition nurse specialists.

How does the balloon stay inflated?
Once a week you need to check that the balloon is still full of water. Follow these steps to do this:
- Fill a 5ml syringe with 5ml of cooled boiled water.
- Have another empty 5ml syringe ready.
- Hold the tube in place with your spare hand.
- Use the empty syringe to draw the water out of the balloon.
- Swap syringes and inflate the balloon with the new water.

If you find the amount of water you draw out of the balloon is less than 1.5ml this could be a sign that the balloon is not working properly. Please contact either your company nurse or the nutrition nurse specialists for advice.

Can the tube fall out?
It is possible for the tube to fall out if the balloon bursts or the stitches come loose and fall away. It is very important that it is replaced within an hour and a half or the hole in your stomach may close up.

You will be sent a spare tube, it is important to keep this with you at all times.

If your tube falls out, please contact either your company nurse or the nutrition nurse specialists immediately within the hours of:

08:30 to 16:00 Monday to Friday 01223 216037

If it is outside of working hours, please go to your local emergency department (A&E) with your spare tube. There are instructions inside the packet.