

## Discharge Instructions - G-Tube Change

You have received the following Anaesthetic that is checked ( )

- Local Anesthetic** - An injection of anesthesia (freezing) to numb a small area at the site of your procedure. It is common to feel mild or temporary numbness or tingling around the site.
- IV Sedation** - Medications given through your intravenous to relax you and decrease anxiety while you are still awake. It is common to have trouble remembering what happened during your procedure, and/or feel tired for the rest of the day. You must return home with a responsible adult who will remain with you overnight. You should not take public transit after the procedure.  
**With IV sedation, do not drive, use machinery or power tools or make important legal or financial decisions for the next 24 hours.**

### Diet

G tube can be used immediately post procedure, unless instructed differently. Head of the bed must be elevated 30-45 degrees during feeding and remain elevated for 2 hours after feeding.

### Activity

Get plenty of rest for 24 hours after the procedure. Avoid any strenuous exercise, lifting objects which are more than 5 pounds, and any other activity that may dislodge the tube should be avoided for 7 days.

### Dressing

Keep your bandage dry. Bandage is to be replaced daily, or as needed. You may shower on the next day after your procedure, ensuring the tube site is covered so that it does not become wet. **Do NOT swim or use a hot tub while you have a G-Tube.**

### Medication

Avoid taking medication containing aspirin or blood thinners for 24 hours after your procedure unless otherwise directed. Take pain medication, as prescribed, or you may take Acetaminophen (Tylenol®) (if no allergy) 1 – 2 tablets every 4 – 6 hours as needed for pain, up to a maximum of 4,000 mg in 24 hours. You may take your next pain medication at: \_\_\_\_\_.

### Follow Up

If applicable, Home and Community services will contact you to set up home care services. If your tube falls out or moves significantly out of place, becomes plugged or cannot be flushed please call the **Diagnostic Imaging Day Unit (905) 472-7373 ext.1521** (Mon-Fri 8:00am-3:00pm), after hours go to the Emergency Department.

## CALL YOUR DOCTOR DURING OFFICE HOURS, OR GO TO THE NEAREST EMERGENCY DEPARTMENT OR CALL 911 IF YOU HAVE:

1. Fever over 38.5°C or 101.3°F, or shakes and chills
2. Increasing redness, tenderness, swelling, bleeding or bruising around the tube site
3. Severe or increasing pain to the abdomen or abdominal distention
4. If your tube falls out, moves significantly out of place, becomes plugged or cannot be flushed
5. Sudden onset of chest pain, shortness of breath or difficulty breathing, or heart rate over 100 bpm
6. Dizziness, light headedness or confusion, exhaustion, extreme weakness, sweating, pale/blue skin
7. Persistent nausea, vomiting or diarrhea

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