

# General G-Tube Care

## G-Tube Site Care

- Wash your hands with soap and water before and after you touch the area.
- Use gentle soap and warm water to clean around the G-Tube 2 to 3 times a day or as needed.
- Gently soak or clean off all crusted areas on the tube and surrounding skin.
- After cleaning, rinse around the area with warm water and pat dry.
- Secure the tube as shown by your healthcare team.

## Bathing

- You may sponge bathe your child after surgery.
- Older children may shower after surgery.
- Do not submerge the G-Tube site under water for the first 4 weeks after surgery.

### When your child is able to take a bath or shower, remember to:

- Clamp the G-Tube or close the valve on the Button G-Tube before bathing.
- Make sure the water is not too warm, so that it does not irritate tender skin.
- Use only mild soaps and soft washcloths.

## Positioning After Surgery (For babies under 6 months)

Before your baby is put on their stomach, you must stop and disconnect the feeding. If your baby has a Button G-Tube, you also must disconnect the extension set.

- **4 days:** Baby may sit up or lay against your chest.
- **2-3 weeks:** Baby may lay on tummy with roll under upper chest for support.
- **4 weeks:** Baby may lay on tummy without roll.

## Activity

- Wait until you are given the OK at your follow-up visit before your child takes part in activities such as crawling, jumping, and swimming.
- For all activities, make sure the G-Tube is carefully secured under their clothing.
- A G-Tube does not keep your child from lying on their stomach. If your child says or shows that it hurts, you can put a foam ring or soft cloth around the G-Tube to lessen pressure of the tube.

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## Clothes

- One-piece clothing such as overalls, sleepers and onesies (t-shirts that snap between the legs below the diaper) are helpful for young children who may try to pull out the tube.
- Older children do not need any special kind of clothing.

## School

- Tell the teacher and school nurse that your child has a G-Tube.
- Let them know what to do and who to call in an emergency.

## Travel

**Your child can travel with a G-Tube. Always take a travel kit of emergency supplies with you including:**

- Replacement G-Tube
- Wet wipes and dry paper towels
- Two 6 ml syringe
- Cup or container for water
- Zip-lock bag