

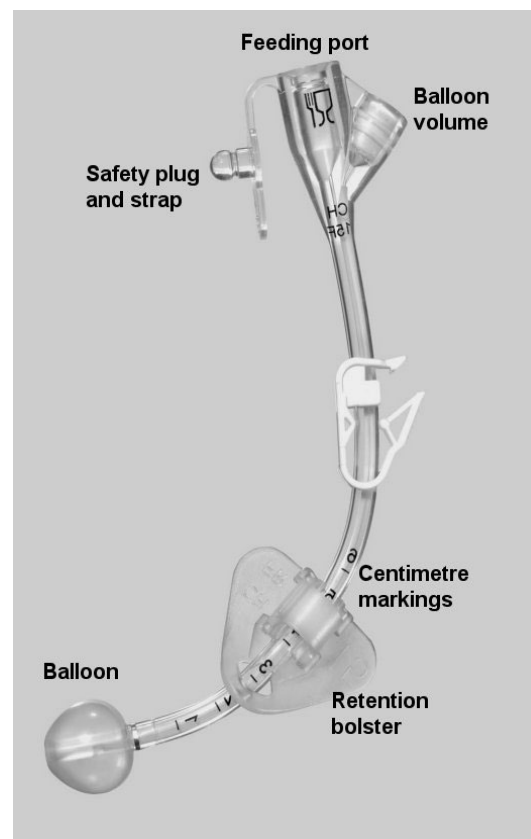


# Looking after a balloon gastrostomy tube 15fr

**This information tells you how to look after a Freka balloon gastrostomy tube. If there is anything you don't understand or you have any questions or concerns, please ask the enteral nutrition nurses at the Royal Berkshire Hospital or the Nutricia community nurses.**

## Maintenance of the tube

- The tube should be flushed with 50ml of cooled, boiled water before and after a feed.
- The tube should be flushed with 20ml of cooled, boiled water when giving medication.
- Flush the tube daily with 50mls cooled, boiled water, even when not being used to feed.
- The feed port should be kept clean of feeding material.
- Clean and dry the outer surface of the tube and the retention bolster, every day. The retention bolster can be cleaned in place by carefully sliding it up the tube.
- Check the volume of water in the balloon every week or month depending on the tube to ensure the balloon is not leaking. It is normal for small amounts of water to evaporate from the balloon over time.
- It is wise, when checking the volume in the balloon, to do this before you start the feed, as feed will leak from the stoma site.
- Use a normal syringe to empty water from the balloon every week/month. Throw away the evacuated water.
- Re-inflate the balloon using 5ml-7.5mls of sterile water as instructed by your enteral nutrition nurse (the nurse will make a note in your records when this has been done).
- Generally, a balloon gastrostomy tube needs replacing every 6 months. You may do this if you have been trained to or it can be done by the Nutricia/community nurses.



## Contact numbers

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**Please ask if you need this information in another language or format.**

RBFT Endoscopy (Enteral Nutrition), February 2025. Next review due: February 2027.