



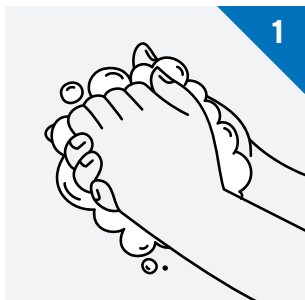
# How to rotate and advance the Freka<sup>®</sup> Percutaneous Endoscopic Gastrostomy (PEG) feeding tube

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.<sup>1</sup>

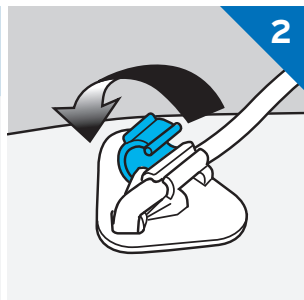
## Getting ready

- 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

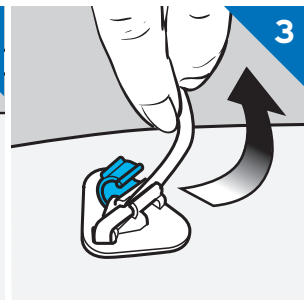
## How to advance and rotate



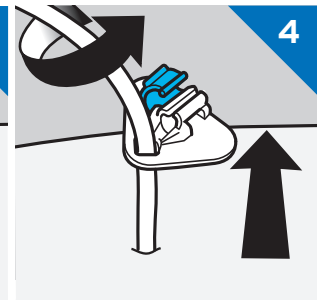
1 Wash hands thoroughly with soap and water  
Clean the external plate as advised by your healthcare professional



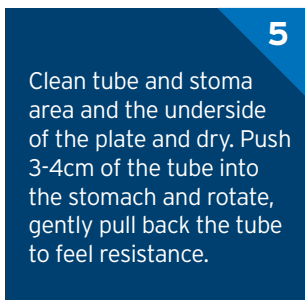
2 Open the fixation catch



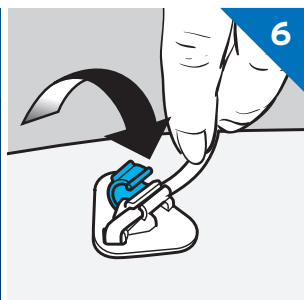
3 Detach tube from groove in fixation plate



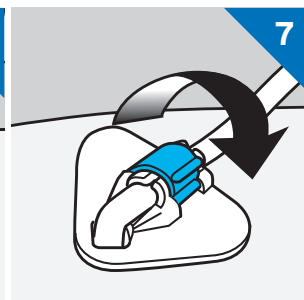
4 Move plate away from skin



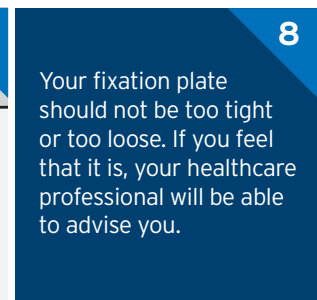
5 Clean tube and stoma area and the underside of the plate and dry. Push 3-4cm of the tube into the stomach and rotate, gently pull back the tube to feel resistance.



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.

## Reference

1. Bischoff SC et al. ESPEN guideline on home enteral nutrition. Clin Nutr. 2020 Jan;39(1):5-22. doi: 10.1016/j.clnu.2019.04.022.