

Hi I'm Sam,  
I've got a Freka<sup>®</sup>  
PEG feeding tube  
just like yours.



#### Watch Sam's videos

Download the free 'Zappar' app  
(available on Android and iOS),  
open the app and hold your device in  
front of this poster to bring Sam to life.

📶 Wi-Fi recommended



# Here is some information that might help you.

## What is a Freka PEG?

A Freka PEG is a soft tube which fits into your tummy. You will need to go into hospital to have your tube placed. It will help you to get the nutrition you need, into your tummy.

## How does it work?

Once the tube is placed you can get your nutrition and fluid (often called feed) through the tube. You will have some soft tape to stick your Freka PEG tube to your tummy. Your Dietitian will tell you how many times a day or night you will be fed through your tube and whether you will be fed using a feeding pump and giving set or by using a syringe.

Your Dietitian or Nurse will let you know how much feed you need and if you are using a pump, this will make sure that you get the right amount.

Your Dietitian or Nurse will also tell you how often and how much water you should use to 'flush' your tube, this will help to keep it nice and clean.

Once you have flushed your tube you can connect it to your feeding pump's giving set by pushing the two ends together and twisting. Or if you are using a syringe you can connect this directly to your Freka PEG.

## How do I clean it?

It's very important to keep your tummy clean, so you should carefully and gently wash the area around your Freka PEG tube every day with mild soap and water and then gently dry your tummy afterwards.

Your Dietitian or Nurse will also tell you when you can bathe, shower or swim and how important it is to carefully dry the area around the tube afterwards.

## Further information

For further information, please ask your Dietitian or Nurse for a Freka PEG Aftercare sheet or visit the website:- [www.fresenius-kabi.com/gb](http://www.fresenius-kabi.com/gb)