



**FRESENIUS  
KABI**

**Freka® FCJ** (Fine Needle Catheter Jejunostomy)

direct postoperative enteral nutrition



**Aftercare guide**



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# Aftercare

## General information

- The tube in situ is a Jejunal feeding tube placed in theatre. The fixation triangle is secured with sutures which must remain in situ for the life of the tube.
- The area where the tube enters the jejunum is called the stoma site.

## Initial care after placement

- A keyhole dressing may be applied, as per hospital policy. The stoma site can be cleaned using 0.9% saline solution.
- Water/feeding is usually commenced 6-12 hours after placement. Refer to individual feeding regimen.
- If the patient complains of pain or there is localised swelling, stop feeding and report to your healthcare professional.
- Flush tube with water (as per local/hospital policy), to check the patency of the tube after placement.

## Daily care

- Hygiene is of the utmost importance as the tube is in the small bowel; here there is no acid barrier as protection.
- Clean stoma site avoiding disturbing sutures with mild soap and water and ensure adequate drying, also renew dressing as required.
- Observe the stoma site daily for any leakage, swelling, redness or irritation; report any problems to your local healthcare professional. Some clear fluid may be present - this is normal.
- Continue to observe stoma site checking sutures are intact and report any problems to your healthcare professional.
- Flush tube with water (as per local/hospital policy) before, during and after enteral feed and medications.
- Do not rotate or advance tube to avoid displacement.
- If tube becomes blocked use warm/carbonated/soda water and refer to local policy of applicable.
- Do not flush using force. If tube remains blocked inform your local healthcare professional.
- If the tube becomes displaced (dislodged out of place) do not use tube and inform your local healthcare professional.
- If jejunal end becomes damaged contact your local healthcare professional for replacement.
- Do not put anything down the tube other than feed, water and medications in liquid form.
- Always check medications can be given by the jejunal route and liaise with pharmacist if required.

# Frequently asked questions

## Administration of medicines

All medicines should be administered in liquid form. The same applies to self medication (e.g. for a headache) and your Pharmacist will recommend a liquid form of pain relief.

Do not crush sustained-release tablets/capsules. They are unsuitable for crushing because the whole dose is released at once.

Always check that your medicine can be given via the jejunal route by contacting the Pharmacist, for the following reasons:

- Some medicines are not completely absorbed via the jejunal route
- Some medicines may cause adverse local effects
- Certain medicines may react with the feeding tube material
- Tube blockage may occur due to coagulation

Do not add medicines to your enteral feed as it may cause physical/chemical instability of the feed and cause a blockage. Flush your tube before and after administration of each medicine. Medication should be given separately to prevent possible interaction. For further advice, please contact your Pharmacist and Nutrition Nurse.

## Positioning during feeding

To prevent heartburn and reflux, feed in an upright position. For overnight feeding use supporting pillows or a backrest, if you find this uncomfortable you can raise the mattress at the head of the bed instead.

Avoid lying flat during feed administration, unless your medical condition contraindicates this.

## Can I swim, bath or shower?

You can swim, shower or bathe as normal. Ensure the tube is closed and dressing is secure.

Thoroughly dry the area afterwards.

## How long will the tube last?

Your healthcare professional can provide this information. Following the aftercare information will help to prolong the life of the tube.

## **Who do I contact if the tube gets damaged or I get a problem with the site?**

Contact your local healthcare professional. Stop any feeding and do not use the tube until advised by a healthcare professional

## **Can I go on holiday?**

Enteral feeding does not stop you going on holiday but it is a good idea to have a letter from your doctor and make sure you have the necessary insurance.

Contact your local healthcare professional for advice about replacement tubes and information regarding the supply of your feed.

## **If I cannot eat what will happen to my mouth?**

Plaque can build up very quickly so it is important to brush your teeth at least twice a day. A mouthwash or artificial saliva, such as Glandsane® may help if your mouth is dry.



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