

J-Tube Site Care

The skin around the tube site needs to be cleaned every day. Tan to light yellow drainage from the tube site is normal for the first 24-48 hours after your tube has been placed. A dressing may be used for the first 5-7 days following tube placement to absorb drainage. If dressings become soiled, remove them, clean the site, and reapply the dressing. However, once there is little to no drainage from the tube site, dressings can be discontinued in order to allow the tube site to continue to heal normally. Once the tube site has healed, some drainage in small amounts (up to a quarter size) may be normal for some people. If the amount of drainage increases, contact your doctor.

Signs of Possible Tube Site Infection

- Foul-smelling drainage
- Skin appears red
 - It is normal for skin to be red for a few days following tube placement.
- Skin is warm and/or tender to the touch

If you experience any of the above symptoms, contact your doctor immediately.

Cleaning Your Tube Site

- 1) Wash your hands or use antibacterial hand sanitizer. Wearing gloves is optional.
- 2) Wet a clean washcloth with warm water and apply soap until bubbles form.
(Use antibacterial body wash or hand soap. Do NOT use dishwashing or laundry detergent.)
- 3) Gently clean the skin around the tube. Use Q-tips to clean the skin up to the tube.
- 4) Rinse the washcloth until it is free of soap and use it to rinse the same area you just cleaned.
- 5) Use a clean, dry towel (paper or cloth) to blot the skin dry and to dry your hands.
- 6) If your tube is new or draining, take a new, clean split gauze pad and fit the around the tube.
- 7) Tape down the edges of the gauze to keep it in place.
- 8) Coil your feeding tube against your stomach. Make sure the port is pointing toward your head to decrease risk of leakage from it. Use 2 pieces of tape and tape an "X" across the coil to keep the tube secure.

Avoid using hydrogen peroxide or alcohol when cleaning your tube site. These products can dry out the skin and cause the tube to break down over time.

***Remember to change your dressing every day and more frequently if it becomes soiled.
Once there is no more drainage, you will not need a dressing.***