

Cleaning your G-Tube

If you have a gastrostomy or feeding tube, commonly called a G-tube, keeping the tube and site clean is important.

A nurse or licensed care provider at the hospital should teach you exactly how to care for the G-tube, and have you demonstrate what you've learned.

Let's try it now.

Step 1. Gather your supplies. Wash your hands with clean, running water. Dry them.

Step 2. Remove any dressing around your G-tube. Wear gloves if recommended by your healthcare team.

Step 3. Clean the skin around the G-tube with gentle soap and warm water. While gently holding the tube, lift the disk as far as needed to clean beneath it. Use a cotton swab for hard-to-reach areas.

Be careful when lifting the disk. Pulling too hard could damage the inside of your stomach.

Step 4. Gently hold the tube and replace the disk so it fits against the abdomen. It shouldn't be too tight, which could cause problems over time.

Step 5. Clean the tube with soap and water.

Step 6. Rinse off the skin using a clean washcloth, then dry the area with a clean towel or cotton swab.

If a dressing is used, apply a clean, dry one as recommended by your healthcare provider.

Let's try that again.

Gather your supplies. Wash your hands with clean, running water. Dry them.

Remove any dressing around your G-tube.

Clean the skin around the G-tube with gentle soap and warm water. While gently holding the tube, lift the disk as far as needed to clean beneath it.

Gently hold the tube and replace the disk so it fits against the abdomen.

Clean the tube with soap and water.

Rinse off the skin using a clean washcloth, then dry the area with a clean towel or cotton swab.

If a dressing is used, apply a clean, dry one.

Keeping your G-tube and the site clean is important. If you have questions about caring for your G-tube, talk to your healthcare provider.