

Having a Monarch jejunostomy feeding tube

Information for patients



Outstanding
Care for One+All

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1. Introduction

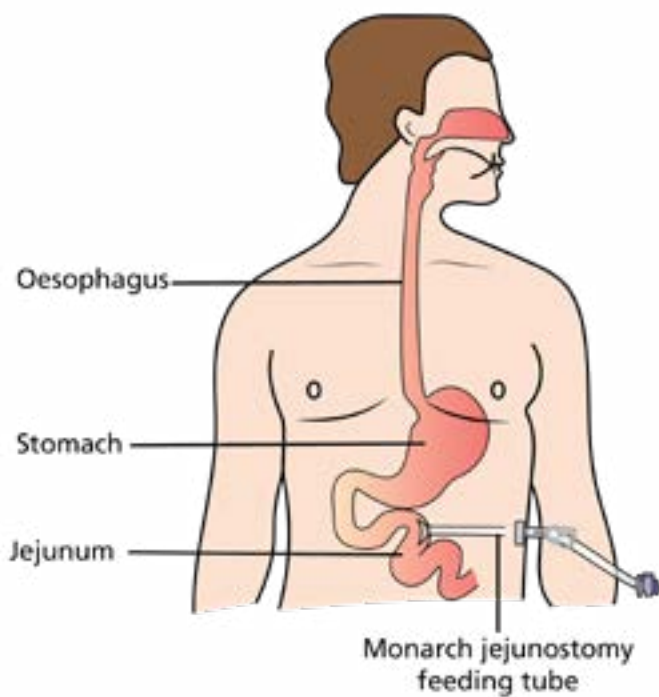


Figure 1 Placing the jejunostomy tube

What is a jejunostomy feeding tube?

This is a small tube inserted through the skin of the abdomen into part of your small bowel called the jejunum. The jejunum is where your body absorbs nutrients from food.

The tube allows enteral (liquid) feed, water and medications to be given directly into the jejunum.

The Monarch tube is only used as a **replacement tube**.

Why might I need a jejunostomy feeding tube?

You may need this if:

- you are not able to eat or drink enough to meet your nutritional needs, or
- you have an illness, or have had surgery, which means a feeding tube cannot be placed into your stomach.

How long will I need a feeding tube?

Your healthcare team will talk to you about how long you may need the tube.

In most cases, the feeding tube is needed until you can eat and drink enough to keep a healthy weight, or until you decide to have it removed.

Can I still eat and drink?

In many cases, you can still eat and drink with a feeding tube. However, this is different for everyone. Your healthcare team will tell you:

- whether it is safe for you to eat and drink
- why any restrictions may be needed.

Do I still need to brush my teeth?

Yes. Good oral hygiene is important even if you are not eating or drinking.

2. Jejunostomy feeding tubes and licensing

Across the UK, it is common practice for health professionals to place gastrostomy tubes into the jejunum. This is due to a lack of suitable jejunostomy feeding tubes.

Feeding into the jejunum through a gastrostomy tube is considered safe, and there is no evidence that it increases risks for patients.

Gastrostomy tubes are normally designed for use in the stomach. When they are used in the jejunum, this is called off label use. This means the tube is being used in a way that is different from the manufacturer's instructions.

The Medicines and Healthcare products Regulatory Agency (MHRA) regulate these medical devices. Further information is available on their website: www.gov.uk/government/publications/medical-devices-off-label-use/off-label-use-of-a-medical-device

Royal Cornwall Hospitals NHS Trust have made sure this practice is safe and effective by:

- assessing possible risks and how to reduce them
- making sure patients, carers and staff are trained in the use and care of jejunostomy tubes
- providing written information like this leaflet to support patients, carers and healthcare professionals.

This leaflet will refer to any gastrostomy tube placed in the jejunum as a jejunostomy tube.

Informed consent for off-label medical devices

The use of an off label medical device will be explained to you. This will be discussed and recorded when you give written consent before your jejunostomy tube is placed.

3. Looking after your tube (routine care)

Your healthcare team will show you how to keep the tube clean and in good working order.

Can I have a bath or shower?

Yes.

- You can have a bath, shower or go swimming
- Always close the caps on your feeding tube before it goes in water.

How do I use the tube?

Before you leave hospital, you (and any carers) will be shown how to use the tube. You will also get support once you are home.

When using the tube:

- Sit upright at an angle of more than 35° (about two pillows)
- A syringe or giving set (if pump feeding) can be attached to the tube
- Flush the tube with sterile water before and after feeds or medicines are given, and if feeding is interrupted.

What water should I use?

- Use sterile water at home and in hospital
- Flush the tube with sterile water at least twice a day.

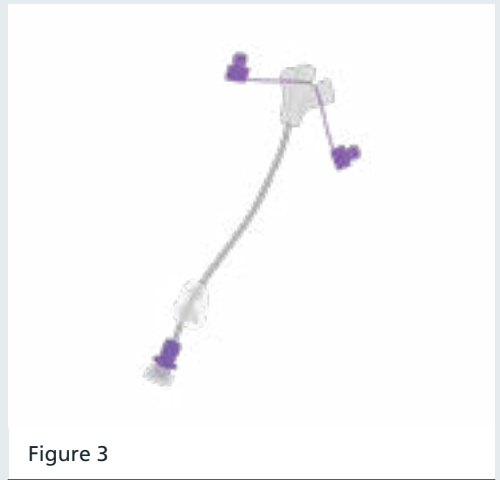
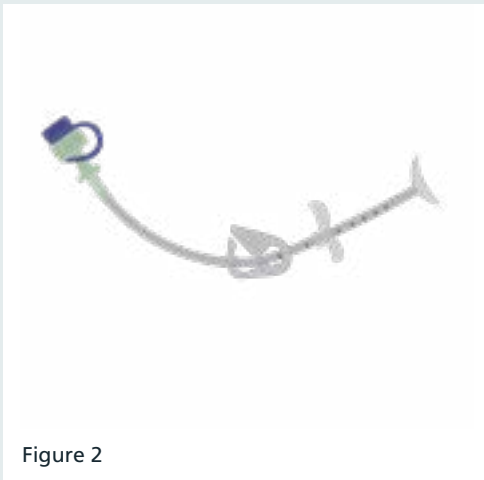
How do I clean the stoma site?

- Clean the area at least once a day.
- Use a clean cloth or non-woven gauze, non-perfumed soap and water.
- Dry thoroughly afterwards.
- Do not use cotton wool or anything that may shed fibres (these can get trapped inside the tract and cause irritation).
- Keep the end of the tube secured above the level of the stoma using Clinifix dressings (your GP can prescribe these).

How often is the tube changed?

Monarch jejunostomy tubes are usually replaced in hospital every 6 months.

Monarch jejunostomy tube care



The Monarch jejunostomy tube:

- is used only as a replacement tube. This means a different tube will be needed for the first two to three months after surgery
- has an internal fixator disc and an external fixator to hold it in place
- needs regular rotation and advancement
- does not have a balloon where the water needs to be replaced
- can be used with or without an extension set (Fig. 3).

Extension sets (Fig 3)

The extensions sets:

- need to be replaced every 2 weeks
- need to be cleaned with warm soapy water, rinsed with water and dried thoroughly when disconnected or after each use if disconnected
- will be provided by your healthcare team.

Rotating and advancing the tube

This is important to stop the internal fixator disc becoming stuck to the jejunum wall. Your healthcare team will show you how to do this safely.

Instructions:

1. Rotate the tube once a day (a full circle, 360 degrees).
2. Once per week, advance the tube into the jejunum by 1 to 2 cm.
3. After advancing the tube, the internal fixator disc needs to be correctly positioned. Gently pull the tube back until you feel resistance. This means that the disc is pulled up against the jejunal wall.
4. Adjust the external fixator so it sits no more than 0.5 cm above the skin.

If you cannot rotate or advance the tube:

- stop feeding immediately
- seek urgent medical attention.

4. Troubleshooting

What if my feeding tube falls out?

- Contact your healthcare team to arrange urgent replacement.
- You will need to go to hospital (X-ray department) to have it replaced.
- Take a spare tube with you if you have one.

What if my stoma is sore or red?

If you notice:

- redness
- soreness
- breaks in the skin
- swelling
- leakage or discharge
- bleeding around the stoma

contact your healthcare team for advice on treatment.

Can parts of the tube be replaced?

Some parts may need replacing if they become worn or broken.

5. My tube passport

Jejunostomy tube passport	
Date of tube insertion	
Tube type	
Tube French Gauge (Fr)	
Bumper to skin measurement (cm)	
Subsequent bumper to skin measurements or when a new tube is inserted	

6. Contact details

Nutrition Support Team

- ➔ Telephone: 01872 252409
Monday to Friday 8:00am to 4:00pm

Nutrition Clinical Nurse Specialist

- ➔ Telephone: 07557756624
Monday to Friday 8:15am to 4:15pm

Home Enteral Feeding Dietitian

- ➔ Telephone: 01209 318060
Monday to Friday 9:00am to 4:00pm

Pharmacy info line

For advice on prescribed medications for jejunostomy tubes

- ➔ Telephone: 01872 252593

7. Danger signs

Immediate action required

Important: Look out for these symptoms in the first 72 hours (3 days) after the tube is inserted or replaced.

Seek immediate medical attention if you have:

- new bleeding at the stoma site (tract or hole where the tube enters the abdomen)
- fluid leaking from around the tube
- pain during or after feeds, medication or fluids is put down the tube
- a painful or swollen abdomen (tummy)
- vomiting
- a high temperature.

If you have any of the above symptoms:

- Stop feed/medication/water delivery immediately.
- Call 111 or go to your local Emergency Department.

This leaflet is adapted with permission from
Sheffield Teaching Hospitals NHS Foundation Trust.



**To get this information in a different format
call 01872 252690**

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