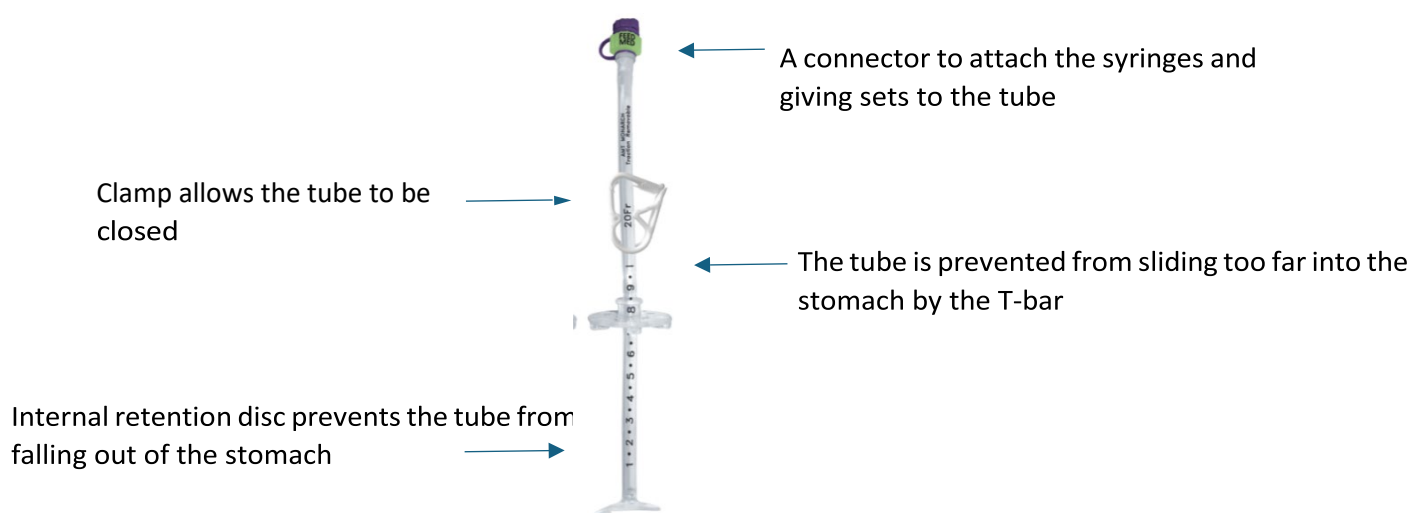


What is a Monarch (Gastrostomy) tube?

A gastrostomy tube is a soft tube placed through your skin into your stomach which allows food to enter directly.

Unlike other gastrostomy tubes, a Monarch tube is not held in place by a balloon - it has an internal retention disc that is opened inside the stoma



Care and Hygiene of your Monarch tube

You need to look at your site regularly to check for signs of infection. The things to look out for are:

- **redness**
- **pain**
- **discharge which is yellow and smelly**

If you notice these signs, contact GP, your company nurse or the nutrition nurse specialists.

It is also possible for the skin at the exit site to become pink and/or lumpy and it may bleed easily. This may be an overgrowth of tissue which can be easily treated with a special dressing or ointment. Again, contact your GP, company nurse or the nutrition nurse specialists if you are worried.

- **Leaks of fluid around the tube**
- **Pain on feeding or flushing your tube**
- **New bleeding**

Feeding and Administration of Medications:

To prevent blockages, the Monarch tube should be flushed with room temperature water. The amount of water will depend on your needs, but the average volume ranges from 10 to 50 ml for adults, and 3 to 10 ml for infants.

Flush the feeding tube with water every 4-6 hours during continuous feeding, anytime the feeding is interrupted, before and after every intermittent feeding, or at least every 8 hours if the tube is not being used.

How long will my tube last for?

If it is well cared for, a tube can last nine months. You will need to attend an appointment at our clinic to have the tube changed.

One way of increasing the life of your tube is to leave the clamp undone when the end cap is in place. This prevents the clamp squashing the tube. You can also change the position of the clamp along the tube to avoid squashing the same area each time.

How do I clean my Monarch and the skin around it?

You will be given special instructions on caring for your tube and skin when it is first put in place.

Once you have your tube changed to a Monarch we advise you to:

- Clean daily with warm soapy water
- Move the T-bar to enable easier cleaning. Make sure you replace the T-bar approximately 2-4mm from the skin so the tube does not slide in and out.
- Do not forget to clean the T-bar and tube
- Ensure you dry well to finish

Can I have a bath?

If the skin around your site is clean, dry and well healed after the first tube placement, you may return to your normal bathing routine. If you have any concerns please contact either your GP, Company Nurse or the Nutrition Nurse Specialists.

How do I manage my tube?

It is important to insert and rotate your tube once a week to stop the internal retention disc in your stomach getting stuck.

To do this, follow these instructions:

- Wash your hands with soapy water and dry well
- Move the T-bar 2-4cm along the tube away from the skin
- Clean the tube, T-bar and stoma area with soapy water
- Push 2-4cm of the tube into the stomach and turn the tube in a complete circle with your fingers
- Gently pull the tube back until resistance is felt
- Clean the tube, T-bar and stoma area with soapy water again before drying
- Move the T-bar back in to its normal position to secure the tube and prevent it from moving about.

