

### Items to have with you at all times when leaving the house:

- 6 mL syringe (balloon water one, not one for medication)
- Small bottle of distilled water
- Extension set
- Gauze, washcloth, or wipes
- Zinc Cream
- Tape



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**Suggestion:** Use a make-up bag or toiletry bag to store supplies in when leaving the house.

### If travelling further distances away from home:

(for example, if your car breaks down and you may be stranded for a day or two).

- Spare Gastrostomy Tube (G-Tube)
  - ⇒ **NOTE:** Percutaneous Gastrostomy and Jejunostomy (PGJ) do not have a spare tube
- Formula for 2 feeds and medication
- Extra clothing
- Dressing supplies—if you often use a dressing under the tube to protect the skin
- Feeding bag
- Jug of distilled water or oral rehydration solution (such as Pedialyte®)



**Suggestion:** A large lunch kit is useful for longer trips to store these supplies.

### Dislodged Percutaneous Gastrostomy and Jejunostomy (PGJ) Tube

If a PGJ tube becomes dislodged and:

- The balloon is outside the stomach, tape the tube to secure it in place.
- The balloon is not on the outside of the stomach, deflate the balloon, press the tube back down and inflate the balloon with five mL of distilled water.



#### After either of the above scenarios:

Call the G-Tube nurse (if you have one) and/or go to the closest emergency/pediatric emergency, as the tube placement may need to be checked with contrast imaging or x-ray.