

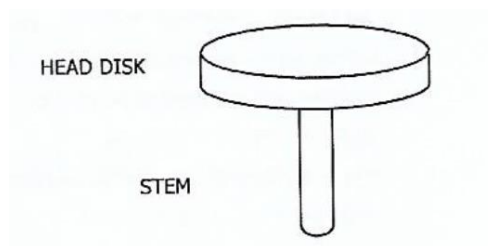
# Stoma stopper

## What to do if your gastrostomy tube comes out

If your Gastrostomy tube comes out, the hole where it enters your stomach (called the “stoma tract”) will close very quickly. Placing a ‘stoma stopper’ in the hole straight away will keep it open until a new tube can be inserted.

You should have been sent a stoma stopper with your delivery of feeding equipment.

A stoma stopper is a device made of clear silicone, and looks similar to a plug.



## What should I do next?

As soon as possible, you or your carer should insert the stoma stopper into the hole. While doing this, be sure to:

- Clean and dry the area surrounding the stoma
- Coat the stem or the stoma stopper with water-soluble lubricant if you have this, or tap water if you don't
- Insert the stem of the stoma stopper slowly and gently into the stoma tract
- The stopper is fully inserted when the head disk is flush against the skin
- Secure the stopper with the dressing supplied

Contact the person who normally replaces your tube, such as your District Nurse or Abbott Nurse Advisor and ask them to arrange for you to be seen for your gastrostomy tube to be replaced.

If the District Nurse or Abbott Nurse Advisor is unavailable, and you need your tube for urgent fluids or medication, go to the Accident and Emergency department for a tube replacement as soon as possible. Take your spare tube with you, if you have one.

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## How to contact us

If you need to contact us  
or require further information...

Call: **0300 365 1234**

Email: [bks-tr.healthhub@nhs.uk](mailto:bks-tr.healthhub@nhs.uk)

[www.berkshirehealthcare.nhs.uk](http://www.berkshirehealthcare.nhs.uk)

