

How to use an Enteral ENPLUG if your gastrostomy tube falls out



If your gastrostomy tube accidentally falls out the stoma may start to close.

It is important to try to prevent this by inserting an ENPLUG as quickly as possible.

1. Open the packet containing the different coloured ENPLUGs
2. Select the ENPLUG that is the same size, or closest to the size of your current tube. Attempt to push it into your stoma.
3. If this goes in easily:
 - a. Leave the ENPLUG in place and secure with tape to cover the top
 - b. Contact your healthcare professional as soon as possible to have a new tube inserted.
 - c. **Keep the packet containing the other unused ENPLUGs. Take this with you when you visit your healthcare professional.**
4. If you cannot insert the size closest to your current tube, or you feel resistance, attempt to insert the next smallest size. E.g. 12Fr instead of 14Fr.

You may continue to try the next size down until you can successfully “plug” your stoma. Once you have “plugged” your stoma:

- a. Leave the ENPLUG in place and secure with tape to cover the top.
- b. Contact your healthcare professional as soon as possible to have a new tube inserted.
- c. **Keep the packet containing the other unused ENPLUGs. Take this with you when you visit your healthcare professional.**



Please note the image shown is for illustration purposes only

