

FLOCARE GASTROSTOMY BUTTON

How to use, care for and maintain
your Flocare Gastrostomy Button

NUTRICIA
flocare®

INTRODUCING THE FLOCARE GASTROSTOMY BUTTON

Your Flocare Button is a feeding tube that allows your nutrition to be fed directly into the stomach via a stoma (an artificial channel) in the wall of the abdomen.

The Flocare Button has been designed to be comfortable and discreet. It won't affect your movement or interfere with everyday activities such as showering or bathing.

It is placed into an existing stoma and held in place by a liquid-filled balloon.

To ensure your Flocare Button works correctly it should be replaced regularly. Its life span can vary - check with your healthcare professional how often yours should be changed.

WHAT IS CONTAINED IN THE FLOCARE BUTTON PACK?

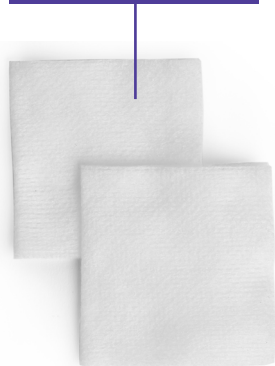
Flocare
Gastrostomy Button



Lubrication Jelly Packet



Gauze Pads
x 2



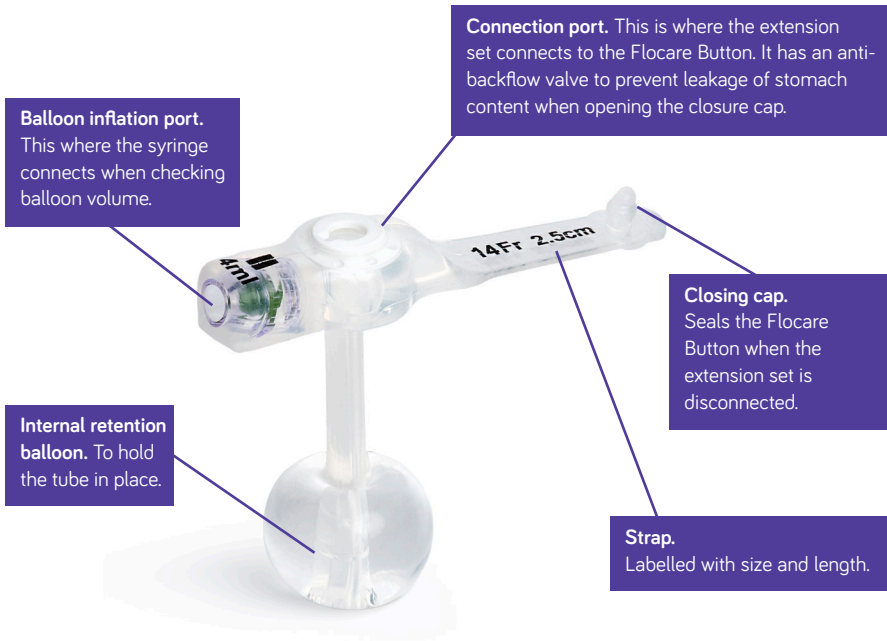
CONTENTS

Introducing the Flocare Gastrostomy Button	2
What is contained in the Flocare Button pack?	2
How does the Flocare Button work?	4
How to connect and disconnect the Flocare extension set to a Flocare Button	5
Daily care and maintenance	6
Weekly care: Checking the balloon volume	7
Troubleshooting	10



HOW DOES THE FLOCARE GASTROSTOMY BUTTON WORK?

The Flocare Button has several different components:



The Flocare Button is available in different sizes and lengths - your healthcare professional will choose the best size for you. The tube size and length are indicated on the strap of each device.

Important information

- The Flocare Button is for single use only.
- The initial placement of the Flocare Button must be performed by a healthcare professional.
- Replacement of the Flocare Button is usually carried out by a healthcare professional, but a patient or carer may be able to change the Button after receiving appropriate training. Your healthcare professional can advise you on this.

HOW TO CONNECT AND DISCONNECT THE FLOCARE EXTENSION SET TO A FLOCARE BUTTON

Follow these steps to safely connect and disconnect the Flocare extension set to the Button.



When connecting the Flocare extension set to the Flocare Button always ensure that the white arrow on the extension set lines up with the black line on the Flocare Button.



Insert the extension set into the button valve and push it all the way in.



Keep pressure on the extension set and make a $\frac{3}{4}$ turn clockwise to lock it in place. Make sure you do not over turn the extension set as this can break the locking mechanism.



When disconnecting, turn the extension set anti-clockwise until the white arrow and black line are fully aligned again. This will ensure the lock mechanism remains functional.



Pull the extension set upwards and remove from the button valve. This needs to be done with care to ensure the valve is not damaged in the process.

DAILY CARE AND MAINTENANCE

To ensure your Flocare Button functions correctly and to help to extend its life, follow these simple steps. If you have any questions, please speak to your healthcare professional.



DAILY CARE:

- **Keep the stoma clean and dry.** Clean the stoma site frequently with mild soap and warm water. If there is any evidence of infection, irritation, or granulation, contact your healthcare professional straight away.
- **Flush the tube after every use.** To prevent the tube from becoming blocked, flush the tube after every use with 20-50 ml of water for adults, and 5-10 ml of water for children, or volume as instructed by your managing healthcare professional.
- **Disconnect the extension set** from the Flocare Button after each use and wash it with warm, soapy water and flush it thoroughly. Allow the extension set to air dry and keep it in a safe place away from contamination until its next use. Extension sets can be used for up to 14 days, or until the tube becomes clogged.
- To prevent the Flocare Button from adhering to the stoma tract, **rotate your tube by 360° at least once a week**, but not more frequently than once a day.
- *Note: the extension set is for single patient use.*

WEEKLY CARE: CHECKING THE VOLUME OF WATER IN THE BALLOON

The volume of water in the balloon should be checked weekly, unless otherwise advised, to ensure there is enough water in the balloon to hold the tube securely in place. This can be done by following the steps below, but if you are unsure or have any questions, contact your managing healthcare professional, or your Nutricia Homeward Nurse for advice.

PREPARATION:

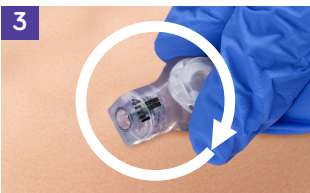
1. Wash hands before and after handling the tube
2. Syringes x 2 – the type of syringe recommended by your Nutricia Homeward Nurse
3. Sterile water – the amount recommended by your Nutricia Homeward Nurse



1 Fill a new syringe with the recommended amount of sterile water.



2 Use fresh water and mild soap solution to clean the skin around the stoma site, then dry thoroughly.



3 Rotate the button 360°. If the button is unable to rotate or causes discomfort while rotating, do not continue, do not use the tube and contact your managing healthcare professional immediately. You can add water-based lubricating gel to your stoma tract to make this easier.

WEEKLY CARE: CHECKING THE VOLUME OF WATER IN THE BALLOON



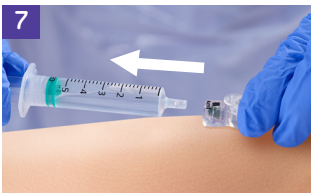
Hold the tube or tape loosely to the skin, so it remains in the stomach.



Attach an empty syringe onto the balloon inflation port of the tube, making sure this is pushed in far enough to open the one-way valve.



Gently draw back the plunger on the syringe, and withdraw the fluid until no more water comes out of the internal balloon.

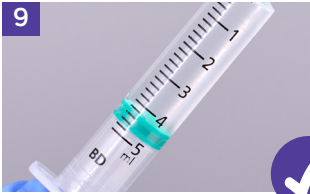


Now detach the syringe from the balloon inflation port, and re-inflate the balloon with the new syringe and the correct volume of fresh water.



Before discarding the first syringe check the colour and volume of water that has been withdrawn.

WEEKLY CARE: CHECKING THE VOLUME OF WATER IN THE BALLOON



If the amount of water withdrawn is the same as the recommended amount, stated on the balloon inflation port, move onto stage 11.



If the amount of water withdrawn is less than the recommended amount, secure the tube with tape and contact your managing healthcare professional or Nutricia Homeward Nurse immediately for instructions as the tube may need replacing.



If the water is discoloured or has any visible particles, contact the Nutricia Homeward Nurse for advice.



Gently pull the tube back, until slight resistance is felt.

Some managing healthcare professionals might request checking the pH of a gastric aspirate post checking the balloon volume. Always make sure you follow your managing healthcare professional's instructions.

TROUBLESHOOTING

THE TUBE IS BLOCKED:

If there is resistance when flushing the Flocare Button, do not force water into the tube:

- Check the Flocare Button rotates easily as per your training.
- If the Flocare Button does not rotate freely, do not attempt to unblock the tube. Contact your healthcare professional for advice. If you have not been trained to rotate the button, contact your Nutricia Homeward Nurse for instruction on how to proceed.
- If the tube rotates easily, attach the extension set as you have been trained, and flush the tube using a 60ml enteral syringe with warm water or soda water (type and volume as recommended by your healthcare professional) using a gentle pull and push technique. Do not use acidic solutions such as fruit juice or cola as they can curdle the enteral nutrition.
- If the blockage persists, contact your healthcare professional or Nutricia Homeward Nurse for further advice.
- Remove the extension set when safe to do so.

THE FLOCARE BUTTON HAS COME OUT:

If the tube has been removed with water still in the balloon or there are any signs of trauma to the stoma tract (such as bleeding) or if there are any signs of pain or distress, seek urgent medical review and do not attempt replacement.

A new feeding tube needs to be inserted as soon as possible otherwise the stoma tract will start to heal and may completely close soon after the tube has come out.

Important note:

Contact the managing healthcare professional immediately if for any reason medication or enteral nutrition needs to be delayed or omitted due to no available enteral or oral route.



For more information about the Flocare Button, scan the QR code above or visit <https://www.nutricia.co.uk/patients-carers/living-with/your-feeding-tube/caring-for-your-flocare-button.html>

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The Nutricia Flocare logo is positioned in the bottom right corner. It features the word "NUTRICIA" in a blue, sans-serif font with a curved line above it. Below it, the word "flocare" is written in a larger, bold, blue font. The letter "a" in "flocare" has an upward-pointing arrow above it, and the letter "e" has a downward-pointing arrow below it. A registered trademark symbol (®) is located to the upper right of the "e". The logo is set against a white circular background that is partially obscured by a blue arc.