



Lancashire Teaching
Hospitals
NHS Foundation Trust

Information for patients and carers

Enplugs



What is an Enplug

An ENPLUG is a medical-grade, flexible silicone device designed as an emergency measure to keep a gastrostomy or jejunostomy stoma (feeding tube tract) from closing when the tube is accidentally displaced. It is a short-term plug to prevent the stoma from healing over, allowing time for a new tube to be inserted. Please note this is not a feeding tube.

[Please use the QR Code - For placing an Enplug.](#)



When would I need to use an Enplug?

You would use an Enplug if your gastrostomy tube has fallen out. Enplugs can only be used on tracts that are over three weeks old.

How do I know which size to use?

- All Enplugs devices are white in colour. The device size is clearly stated on the outer packaging
- Before using an Enplug device, it is essential to know the diameter (F/Fr size) of your gastrostomy tube that has been displaced or fallen out

Low profile (usually referred to as a MICKEY or MINI)- The Fr/F size can be found at the feeding port of the gastrostomy device and is visible when opening or closing the feeding port.

Standard Gastrostomy - The Fr/F size can be found on the external tubing.

- Each packet contains Enplug devices in the following sizes: 10Fr, 12Fr, 14Fr, and 16Fr. Each Enplug device is individually packaged, and the size is identified on the outer packaging
- You should never use an Enplug device that is larger than your gastrostomy (F/Fr) size

How do I use the Enplug?

First, clean the stoma and use water as a natural lubricant to the tip of the EN-Plug.

Secondly, gently insert the Enplug into the stoma, taking care not to use excessive force. Once in place, secure the Enplug with tape to prevent displacement.

If resistance is felt during insertion, do not force the device. Remove it and try a smaller size.

What do I do if I am unable to place the Enplug into the stoma?

- Do not use force it, as this can cause tissue trauma or a false passage
- Try a smaller size. If the initial Enplug you use does not fit/is resistant, try using a small diameter (Fr Size) Enplug
- Seek Advice. Between the hours of 8am-5pm please contact your nutrition nursing team
- **If your tube has fallen out, outside Nutrition Nurses working hours the Emergency Department will not be able to replace your Gastrostomy tube. If you require Critical Medications, then you will need to attend the Emergency Department for these to be administered via alternate route**
- If no critical medications are required, you can wait until 8am in the morning and contact the Nutrition Nurses to replace your Gastrostomy tube

What do I do now I have placed the Enplug?

If you have been able to place the Enplug into the tract, ensure you tape this in place to secure it. Contact the Nutrition Nurses and arrange an appointment to have a new tube placed in the Nutrition Clinic.

Contact details

Should you require further advice or information please contact

Nutrition Nurses: **01772523057** (Monday to Friday 8am-5pm)
07958436325 Weekend and Bank Holidays (8am – 5pm)

Please leave your name and number on the answer machine and we will call you back.

Sources of further information

www.lancsteachinghospitals.nhs.uk

www.nhs.uk

www.accessable.co.uk

www.patient.co.uk

www.lancsteachinghospitals.nhs.uk/veteran-aware

<https://bepartofresearch.nihr.ac.uk/>

<https://gbukgroup.com/product/enplug/>

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www.lancsteachinghospitals.nhs.uk/patient-information-leaflets

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Please ask a member of staff if you would like help in understanding this information.

This information can be made available in large print, audio, Braille and in other languages.

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Division: Surgery

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