



G-TUBE FAQ SHEET

What is a g-tube pad?

A G-tube, or a PEG, is a feeding tube that takes nutrition directly to the stomach. As the site is prone to leakage (and in some cases, granulation), a wraparound pad may be used to absorb any excess fluids and to protect sensitive skin in the area. To ensure maximum absorbency and hygiene, there is a certain order of fabric stacking, as explained below.

You can read more information about g-tube's in this guide released by the Queensland Government [here](#).



Image: A handmade g-tube pad in use

(Image source: <http://www.livingwithgp.com/wp-content/uploads/2010/07/002.jpg>)

Who uses the pads?

When requested, pads are sent to hospitals and care facilities, as well as to individuals all over Australia.

How can I request pads for personal use or for my workplace?

Please go to our website sewingforcharity.com and scroll down to find G-Tube Pad Requests. Pads are packed in sets of 10. Pads can be washed and reused by the user.

How can I make them?

G-tube pads are easily made on an embroidery machine. There are 3 patterns that we use, small (6 cm diameter), medium (8 cm diameter) and large (10 cm diameter).

Step by step instructions are provided below.

Do I have to use the SFCA pattern?

No, you can use any embroidery machine pattern of your choosing if the end size is the same and you follow the fabric requirements listed here.

What type of materials can I use?

- Bottom layer (against skin) MUST be bamboo fleece or bamboo towelling.
 - Bamboo is anti-bacterial, anti-microbial and hypoallergenic. It is also very absorbent, and soft on irritated skin.
- Middle layer is flannelette
- Top layer (away from skin) can be a cotton or flannelette

*****IMPORTANT*****

Please avoid options such as bamboo bedsheets, mattress protectors or wadding as they are often too thin, a synthetic blend or not soft enough for fragile skin.

What prints should I choose?

- We get most requests for licenced character pads or bright and colourful pads for children, but there is also demand for male and female teens and adults as well. These are a great scrap buster!

Where can I buy bamboo?

There are many suppliers of bamboo.

Three stores we have previously purchased from and found the products and pricing to be comparable are:

- Snaps Australia
- The Bamboo Fabric Store
- Greenbeans Au

If you know of a store who stocks comparable bamboo fleece or towelling, we would love to hear from you!

How much fabric will I need?

As a rough guide, 1m of 180cm wide bamboo will yield approximately 250-300 pads dependent on size of pad and size of your embroidery hoop.

Which stabiliser do I use on the embroidery machine?

Tearaway or cutaway is fine as it ends up in the middle of the finished pad.

I don't own a snap press; can I use my snap pliers?

Unfortunately, no.

We have received feedback the snaps applied using pliers do not withstand vigorous washing required to keep the pads clean.

Can I send my pads in without snaps?

Yes, we can snap them for you at the Lair.

Can I donate my scraps to be used for these?

Absolutely! Any scraps over 10cm wide can be used for these. We have most demand for children's prints, but also for male and female teens and adults. All bright and colourful cotton or flannelette is suitable for the top layer but please no synthetics.

Where do I send scraps or finished pads?

The Sewing Lair - 38 Bladensburg Drive, Waterford, QLD 4133. Please put scraps in a bag and mark them for g-tubes.

STEP BY STEP INSTRUCTIONS FOR MAKING G-TUBE PADS

1. Choose the file for the size pads you wish to make.
 - a. 6cm (small)
 - b. 8cm (medium)
 - c. 10cm (large)
2. Hoop the stabiliser paper and place the hoop on your machine.
Note: You can hoop the other layers if you wish to, however we find them to be too thick to hoop all at once
3. Slide the bamboo under the hoop, with the soft fluffy side down for bamboo fleece.
4. Place the flannelette on top of the paper.
5. Align your top layer to fit each pad and place on top of the flannelette.
NOTE: PLEASE CHECK THE ALIGNMENT OF YOUR TOP FABRIC TO ENSURE CHARACTER'S HEADS ETC WILL NOT BE CUT OFF. Remember the keyhole will come into the centre of your pad and we don't want to scare the kids with their favourite character missing their head!
6. Embroider the pads, ensuring you complete all steps of the pattern including single row stitching followed by the zig zag.
Note: It is important to do both steps to ensure longevity of pads as they are washed and reused frequently
7. Remove from the hoop and trim around the pads close to the outer stitching.
8. Add snaps to the pads – size 16 for the small pads, either size 16 or 20 for medium pads, and size 20 for large pads.
Note: If you don't have a snap press (remember, no pliers) send pads to The Lair and we can do them there.