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Summary

Gastropexy and hybrid PEG/Push PEG Pexact – Small changes lead to better results (Fresenius Kabi MedTech)

UEG Week Barcelona 2026 | Presentation

Nurses

October 17, 2026

A hybrid PEG technique combining pull-through with gastropexy suturing before tube placement achieved a 98.6% success rate and 12.44% total complication rate when performed by specially trained nurses in a German hospital series of approximately 500 procedures.

KEY POINTS

- The speaker's department uses a hybrid method that places gastropexy sutures (typically four) before inserting a standard PEG tube, combining elements of pull-through and direct puncture techniques.
- In approximately 500 nurse-performed procedures, the speaker reported a 98.6% success rate with 12% minor complications and 2.5-2.6% major complications, compared to physician-performed cases using predominantly standard pull-through method that the speaker stated had 9.7% major complications.
- Seven nurses at the department are trained to perform PEG procedures following a three-day German certification course requiring two years prior endoscopy experience, with procedures conducted by one physician and two nurses.
- The speaker stated that suturing before PEG placement reduces complications and recommended that the hybrid PEG method should be considered standard procedure.
- Primary indications were dysphagia or malnutrition (53-55%), pre-radiotherapy or chemotherapy placement (40%), and neurological conditions including Parkinson's disease (3%).

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