




# *Your Guide to* Home Tube Feeding





Nestlé Health Science has made every effort to include in this Guide only information that it believes to be accurate and reliable as of the date of publication. This Guide contains information from a variety of sources including practice based resources, guidelines from professional organizations, and experiences of healthcare professionals who have managed patients on home tube feeding. Information provided in this Guide is for education purposes. It is not intended to replace the advice or instruction of your healthcare professionals, or to substitute medical care. Contact a qualified healthcare professional if you have any questions regarding your tube feeding product, prescription, supplies or issues related to any of these.

# Table of CONTENTS

Introduction to Tube Feeding at Home .....	2
The Location of Your Feeding Tube .....	4
Feeding Methods .....	5
Managing Your Tube Feeding .....	6
Using Syringe Feeding.....	8
Using Gravity Feeding.....	12
Using a Feeding Pump.....	14
Giving Water and Medication.....	16
Personal Care .....	18
Good Nutrition .....	19
Tube Feeding Formulas.....	20
Types of Formulas .....	20
Formula Packaging and Hang Time .....	22
Storing Your Formula at Home .....	23
Formula Intolerance.....	24
Problem Solving.....	26
Keeping a Diary.....	30
Your Tube Feeding Schedule.....	32
Your Tube Feeding Supplies.....	33
Contact Numbers.....	34
Notes.....	36

# *Introduction to* **TUBE FEEDING AT HOME**

## It's good to be home

As you get used to being home with your feeding tube, this Home Tube Feeding guide will help you and your family understand how to manage your tube feeding.

## What is tube feeding?

Tube feeding is a way of providing nutrition to people who cannot eat and drink enough for a period of time.

- Tube feeding products are liquid food, often called formula, which are given through a special tube to make sure you get the nutrition and water you need.
- Just like regular food, your tube feeding formula will provide all the essential nutrients – calories, protein, carbohydrates, fats, vitamins and minerals.
- Your doctor may also want you to take your medication through the feeding tube.

People may need a tube feeding for a number of reasons, such as:

- when unable to get enough nutrition by eating and drinking by mouth
- when unable to digest food normally
- when swallowing is difficult or unsafe
- after surgery or medical treatments such as radiation therapy, when it may be hard or impossible to eat for a period of time

## How this booklet can help

As part of the training you will receive for your tube feeding at home, this booklet can support what your doctor, nurse and dietitian have said.

# Making your home tube feeding a comfortable experience

For most people, tube feeding is a change that needs a certain amount of time and persistence to get used to at home. There are ways to help make this adjustment easier, such as:

- Talk to your friends and family about your tube feeding.
- Ask your healthcare professional to help you arrange your feeding schedule so you receive your tube feeding formula during family meal times.
- If you want to take your tube feedings in private or at other times, be sure to keep taking part in other family and social activities.

Talk to your healthcare professional about any questions you have about living with your feeding tube at home (like bathing, exercise, or travel).

*What should I say if people ask about my feeding tube?*

You can answer this question in many different ways.

**You may say something simple like**

*"I am not able to eat, so this is the way I feed myself."*

**Or if you are having medical treatments or problems swallowing or digesting food you might say**

*"I am having trouble swallowing and need to get my food this way."*

*"I am having medical treatments which make it hard to eat. I use this feeding tube to get the nutrition I need."*

*"My stomach/gut is not working properly, so I need this tube to feed myself."*

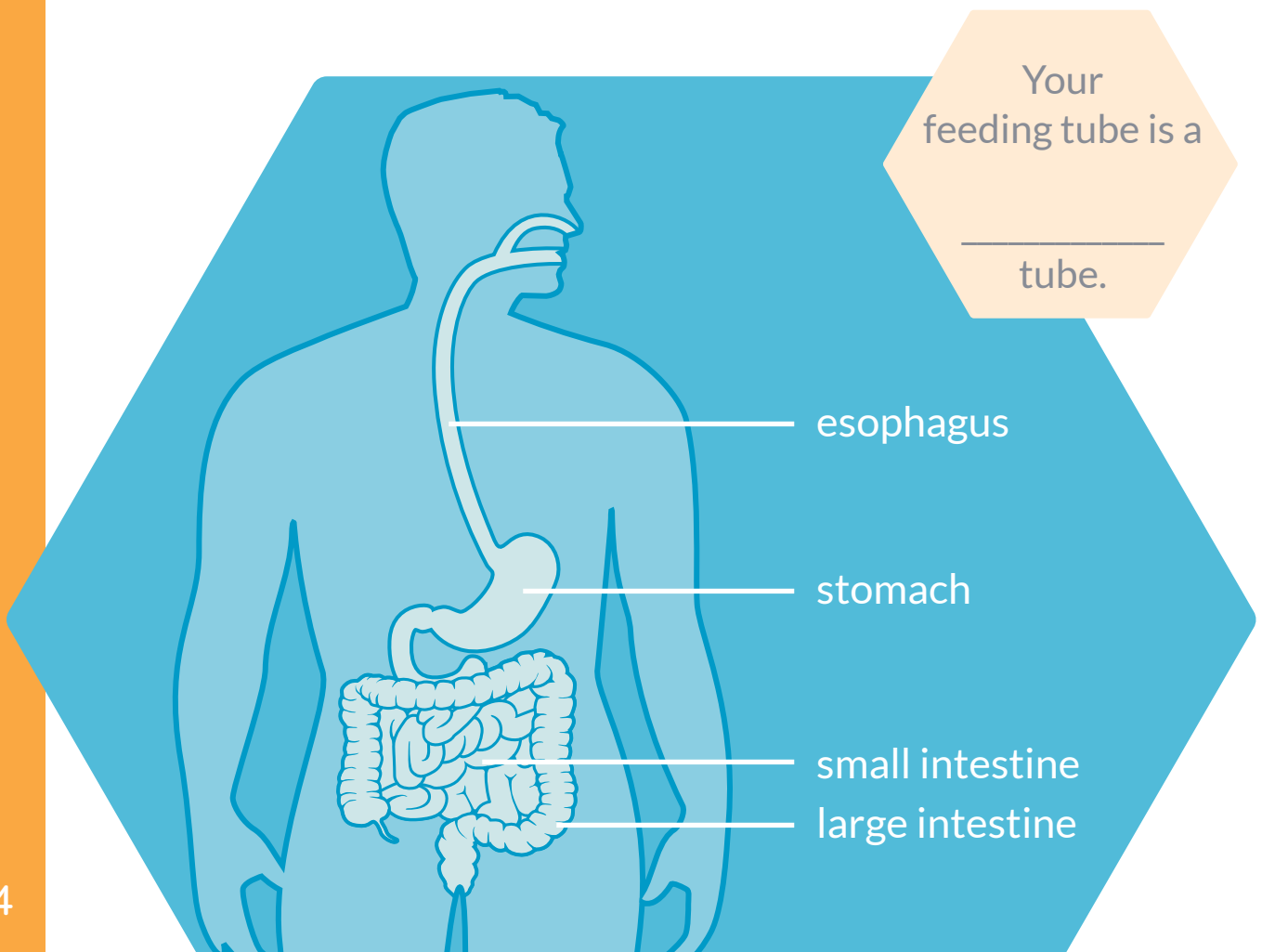
*"My body has a hard time digesting foods. I use this feeding tube and special liquid food to get the nutrition I need."*

# The Location of YOUR FEEDING TUBE

## Where is the feeding tube in my body?

There are many different types of feeding tubes used to give tube feeding formula. And there are several different places where these feeding tubes may be located in the body. Each of these places allows the nutrients in the formula to be used by your body, just like eating a regular meal:

- **Nasogastric** or '**NG-Tube**': The feeding tube goes through the nose, down the esophagus or food tube, and ends in the stomach.
- **Nasojejunal** or '**NJ-Tube**': The feeding tube goes through the nose, down the esophagus or food tube, continues through the stomach, and ends in the small intestine.
- **Gastrostomy** or '**G-Tube**': The feeding tube goes through a small opening in the skin directly into the stomach.
- **Jejunostomy** or '**J-Tube**': The feeding tube goes through a small opening in the skin into the jejunum or small intestine.



# Feeding METHODS

There are different ways to provide a tube feeding.

Tube Feedings may be timed or planned to be:

- **Continuous:** formula is flowing all the time or for many hours during the day and/or night
- **Intermittent** or **Bolus:** formula is given at meal times or with breaks during the day
- or a mix of these two

Depending on the tube feeding plan, the formula may be delivered by:

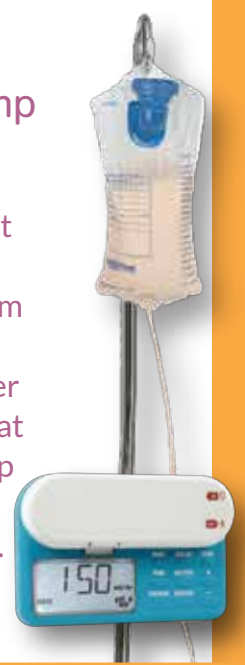
- **A feeding pump** (for continuous feeding and some intermittent feedings)
- **Gravity** (for intermittent feedings)
- **Syringe** (for bolus feeding)

A feeding method (the timing and delivery) may be chosen because of:

- The type and location of the feeding tube you have
- The reason you need the tube feeding
- How often you need tube feeding
- How you manage your tube feeding at home

Your healthcare team has chosen the method they believe will work best for you at home to make sure you get the nutrition you need.

A feeding pump is a special device that controls the timing and amount of formula given. Formula flows from a feeding bag or pre-filled container through tubing that runs into the pump and then into your feeding tube.



Gravity feeding uses a feeding bag and tubing which you hang on a pole above the level of your stomach. Gravity will move the formula from the bag through your feeding tube.



Syringe feeding uses a large syringe to deliver the formula. The formula can be gently pushed into your feeding tube using the syringe plunger or it can flow from the syringe into your feeding tube using gravity.



The following section, Managing your Tube Feeding, will cover the different feeding delivery methods and the equipment needed.

## *Managing* **YOUR TUBE FEEDING**

### Checking the placement of your feeding tube

(If instructed by your healthcare professional)

You may be asked to check the placement of your feeding tube at home before you start a feeding - or less often (once a day or a few times a week).

If you have been asked to check the position of your tube, follow these steps:

1. Wash your hands.
2. For a **nasogastric** or **nasojejunal tube**: check the proper tube position as instructed by your healthcare professional (there may be a special mark drawn on the tube or a certain length it should be from the end of your nose).

For a **gastrostomy** or **jejunostomy tube**: use a ruler or non-stretchy tape measure to measure the number of inches/centimetres from the spot where your tube exits your skin to the end of the tube (as pictured).

3. Compare the number with previous measurements. If there is more than \_\_\_\_\_ centimetre(s) /inch(es) difference, call your healthcare professional.  
Do not begin the next feeding.





# Using syringe feeding

## Gather your supplies

- Formula
- Clean cup or container (if needed)
- 60 mL syringe
- Water (room temperature)

## Get set up

1. Wash your hands
2. Wipe the top of the formula container with a clean, wet cloth
3. Shake the formula container gently
4. Check your 'feeding schedule' for how much formula to use

## Starting the feeding

1. Get in a comfortable position – sit upright or lie with the head of your bed raised to 45 degrees (about the height of 3 pillows)
2. Open your feeding tube
  - Fold over and pinch or clamp the end of your feeding tube to stop the flow. Then uncap the tube.
3. Flush your feeding tube with \_\_\_\_\_ mL of water
4. Close or recap your feeding tube

For the next steps, continue to page 10

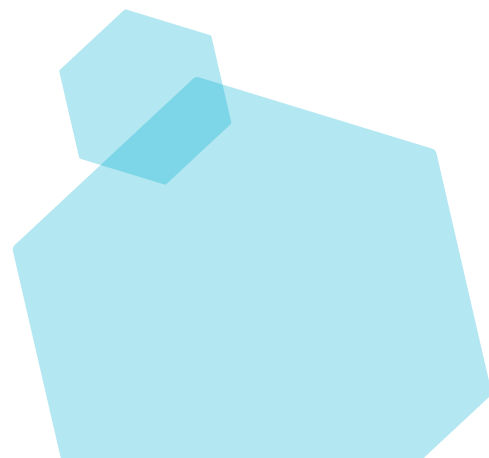


# Use either Method A or B:

## METHOD A

### POURING FORMULA INTO THE SYRINGE

5. Open your feeding tube
  - Fold over and pinch or clamp the end of your feeding tube to stop the flow. Then uncap the tube.
6. Attach the syringe to the end of your feeding tube. Unfold your tube to start the flow.
7. Pour your formula into the syringe
8. Let the formula flow into your tube by gravity
9. Continue refilling the syringe until your entire feeding is given
  - This entire process may take a few minutes or you may space out the syringe feeding over a longer period of time
  - Talk to your healthcare professional about how long your tube feeding should take
10. Take the syringe off your tube – fold over and pinch the end of your feeding tube to stop the flow and recap the tube
11. After feeding, flush your feeding tube with \_\_\_\_ mL of water
12. Close or recap your feeding tube
13. Clean, rinse and dry your supplies



# METHOD B

## DRAWING THE FORMULA INTO THE SYRINGE FROM A CUP OR CONTAINER

5. Pour your formula into a clean cup or container
6. Draw the formula up into the syringe
7. Open your feeding tube
  - Fold over and pinch or clamp the end of your feeding tube to stop the flow, then uncap the tube
8. Attach the syringe to the end of your feeding tube
9. Gently push the formula into your tube with the syringe plunger
10. Take the syringe off your tube – fold over and pinch or clamp the end of your feeding tube to stop the flow and recap the tube
11. Repeat steps 6 to 10 until your entire feeding is given
  - This entire process may take a few minutes or you may space out the syringe feeding over a longer period of time
  - Talk to your healthcare professional about how long your tube feeding should take
12. After feeding, flush your feeding tube with \_\_\_\_\_ mL of water
13. Close or recap your feeding tube
14. Clean, rinse and dry your supplies



# Using Gravity Feeding

## Gather your supplies

- Formula
- Feeding bag and tubing
- Pole
- 60 mL syringe
- Water (room temperature)

## Get set up

1. Wash your hands
2. Wipe the top of the formula container with a clean, wet cloth
3. Shake the formula container gently.
  - If using a pre-filled formula container, shake the container and spike it with the feeding set as shown by your healthcare professional – then go to step 6
4. Close the tubing on the feeding bag by closing the side/roller clamp
5. Pour the formula into the feeding bag and close the top of the bag
  - Check your 'feeding schedule' for how much formula to use
6. Hang the feeding bag on the pole so it is at least 18 inches / 45 centimetres above the level of your stomach
7. Start the flow of formula through the feeding bag tubing by opening the side/roller clamp
8. Let the formula flow to the tip of the tubing
9. Close the side/roller clamp



# Starting the feeding

1. Open your feeding tube
  - Fold over and pinch or clamp the end of your feeding tube to stop the flow. Then uncap the tube.
2. Flush your feeding tube with \_\_\_\_ mL of water
3. Attach the tip on the end of the feeding bag tubing to your feeding tube
4. Get in a comfortable position – sit upright or lie with the head of your bed raised to 45 degrees (about the height of 3 pillows)
5. Open the side/roller clamp to adjust the flow rate to \_\_\_\_ drips or \_\_\_\_ mL per \_\_\_\_ seconds
6. Each feeding should take about \_\_\_\_ minutes
7. After the feeding, close and take off the feeding bag tube
  - You may be asked to pour \_\_\_\_ mL of water into your feeding bag and run this into your body before taking off the feeding bag tube
8. Flush your feeding tube with \_\_\_\_ mL of water
9. Close your feeding tube
10. Clean, rinse and dry your supplies
11. Replace your feeding container and tubing as advised by your healthcare professional





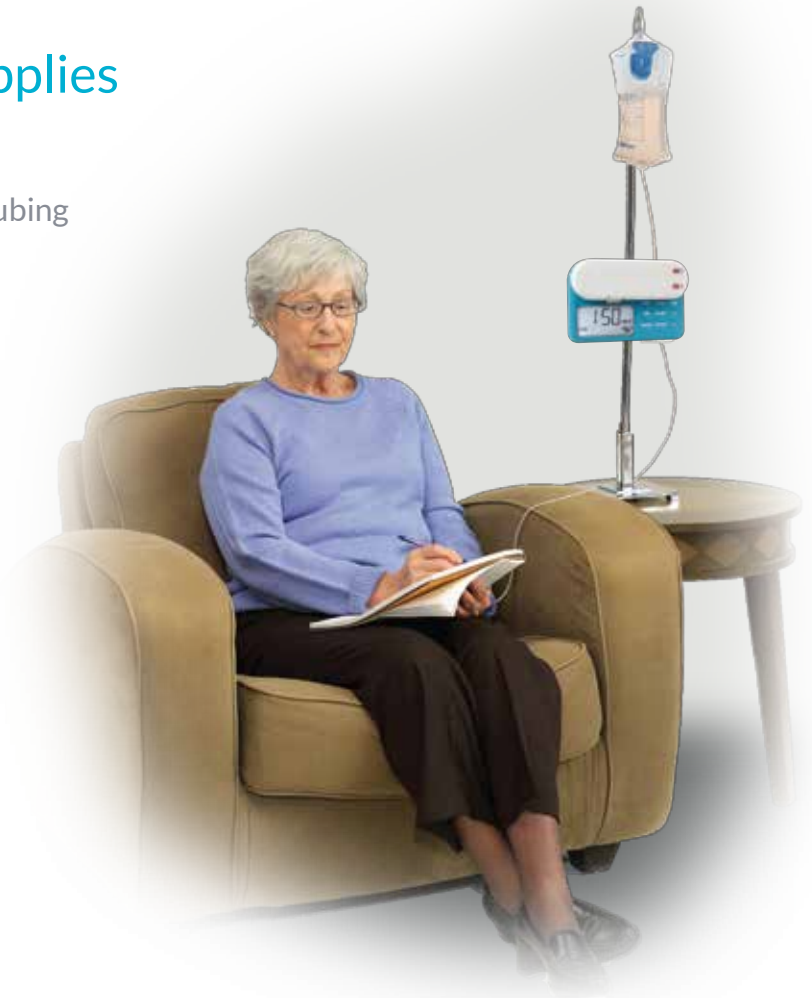
# Using a Feeding Pump

## Gather your supplies

- Formula
- Feeding bag and tubing
- Feeding pump
- Pole
- 60 mL syringe
- Water (room temperature)

## Get set up

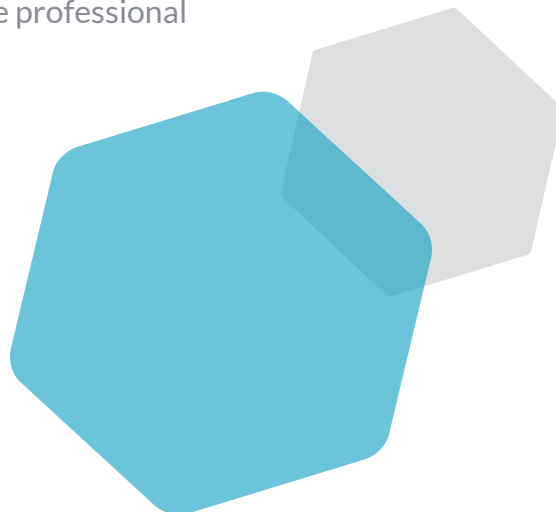
1. Wash your hands
2. Wipe the top of the formula container with a clean, wet cloth
3. Shake the formula container gently
  - If you are using a pre-filled formula container, shake the container and spike it with the feeding set as shown by your healthcare professional – then go to step 5
4. Pour the formula into the feeding bag and close the top of the bag – make sure the side/roller clamp is closed
  - Check your 'feeding schedule' for how much formula to use
5. If using an IV pole, hang the feeding bag on the pole above the feeding pump
6. Since every pump is different, follow the instructions given by your healthcare professional to use your feeding pump and 'prime' the tubing ('priming' means to fill the tubing with formula before it is attached to your feeding tube)





# Starting the feeding

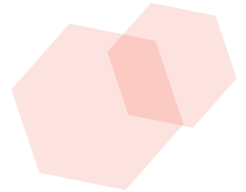
1. Get in a comfortable position – sit upright or lie with the head of your bed raised to 45 degrees (about the height of 3 pillows)
2. Open your feeding tube
  - Fold over and pinch or clamp the end of your feeding tube to stop the flow. Then uncap the tube.
3. Flush your tube with \_\_\_\_ mL of water
4. Attach the tip on the end of the feeding bag tubing to your feeding tube
5. Set the flow rate on the pump to \_\_\_\_\_ mL per hour
6. If needed, open the side/roller clamp on the feeding bag tube
7. Start your feeding pump
8. After the feeding, take the feeding bag tube off of your feeding tube
9. Flush your tube with \_\_\_\_ mL of water
10. Close your feeding tube
11. Clean, rinse and dry your supplies
  - If you are using a pre-filled formula container, throw the container away when it is empty
  - If you are pouring formula into a feeding bag container for your tube feeding, check with your healthcare professional about how long your feeding formula should “hang” or stay in the feeding bag and tubing at room temperature
12. Replace your feeding container and tubing as advised by your healthcare professional



# *How to Give Water or Medications* **WITH A SYRINGE**

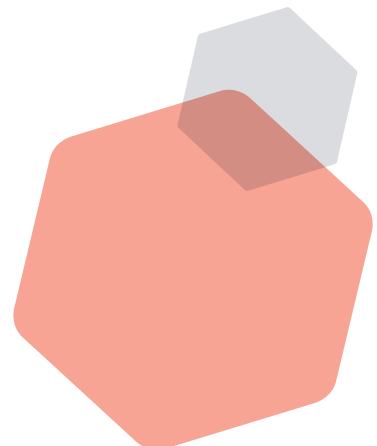
Water is part of your formula, but extra water and sometimes medications are needed to keep your body healthy and your feeding tube working well.

- Your healthcare professional will tell you how much water or medication to take.
- Your healthcare professional will tell you which medications you can crush, or if there are liquid medications you can take.



## **Check with your nurse, doctor or pharmacist to find out about:**

- Which medications should not be crushed
- How to crush medications – if you are asked to do this
- How much water to mix with your medication
- Which medications should not be given together
- If there are any other special instructions about giving your medications through your feeding tube



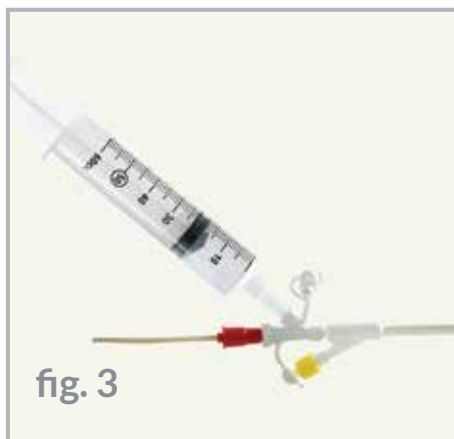
When giving water and medications, follow the steps below.

When giving water only, start at step 2.



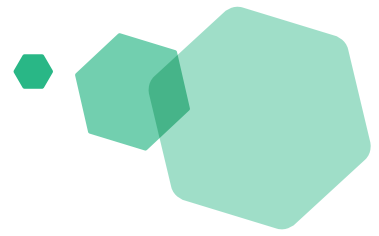
1. Using a 60 mL syringe, flush your feeding tube with 15-30 mL of warm water before giving medication (unless you are told something different by your healthcare professional). See Figure 1.

2. Using a 60 mL syringe, draw up the right dose of medication or water into the syringe. Open your feeding tube and attach the syringe to your feeding tube. See Figure 2 and Figure 3.



3. Gently push the water or medication into your tube. See Figure 3.
4. Take the syringe off your feeding tube and refill the syringe with warm water until the all of the water you need is given, or to flush all the medication out of the syringe.
5. Close your feeding tube when finished and place the cap back on the tip of the syringe.

# PERSONAL CARE



## Your mouth

Keeping your mouth clean is important when tube feeding, even if you are not eating and drinking. Your healthcare professional may recommend you brush your teeth each day and use lip balm to help keep your lips moist.

Ask about the best way to keep your mouth clean and which products you should use.

Follow the advice from your healthcare professional.

### *Instructions*

---

---

---

## Your nose

If you are taking your feeding through a nasogastric tube, the tube passing through your nose may cause mild irritation or you may notice some thick, crusty mucus in your nose.

Ask about the best way to take care of your nose.

Follow the advice from your healthcare professional.

### *Instructions*

---

---

---

## Your tube site

If you have a gastrostomy or jejunostomy tube, taking care of the skin around the area where the tube enters your body is very important.

Ask about the best way to take care of your tube site.

Follow the advice from your healthcare professional.

### *Instructions*

---

---

---

# GOOD NUTRITION

A healthy diet is more than just “food” – it provides fuel as well as the building blocks to keep or restore health and to help with healing.

Maintaining a healthy diet and good nutrition is important for everyone, but is crucial to the person who has an illness, is receiving certain medical treatments, recovering from surgery, or has had unwanted weight loss. Your body may be working extra hard to restore good health, and this may increase your nutrient needs.

The nutrients needed by the body include:

- carbohydrates
- protein
- fat
- vitamins
- minerals
- water

These nutrients work together to maintain and build body tissue and provide energy for your body. Normally, these nutrients are provided by eating a variety of foods. However, because of your special needs, you are getting your nutrition in a liquid form through a tube.



# TUBE FEEDING FORMULAS

There are a wide range of tube feeding formulas which may come in different types of packaging. Your healthcare professional will consider your unique needs when choosing a formula – this includes not only your nutrition needs but also the feeding method you are using at home.

## Types of Formulas

### Standard Formulas

Standard formulas are nutritionally complete and are designed for people who have normal digestion. Some of these formulas can be used for both tube-feeding and oral feeding, and some contain additional ingredients, such as fibre.

There are also formulas available which contain real food ingredients such as chicken, vegetables and fruit along with other vitamins and minerals to create a nutritionally complete formula.

*Isosource, Nutren and Compleat are examples of standard formulas.*



## Semi-elemental/Peptide-based Formulas

Like standard formulas, semi-elemental formulas are nutritionally complete. Semi-elemental formulas are different because they contain some nutrients, like protein and fat, which are ‘broken down’ into smaller units to make them easier to digest. This is the reason these formulas are also called “peptide-based” formulas – because “peptides” is the name used to describe smaller units of protein. Some semi-elemental/peptide-based formulas can also be used for both tube-feeding and oral feeding, and some contain ingredients, such as fibre and fish oils.

*Peptamen is an example of a semi-elemental/peptide-based formula.*



## Specialized Formulas

Specialized formulas are available for people with particular needs such as kidney or liver disease, Crohn’s disease, diabetes or those with severe trouble digesting fat and protein.

*Novasource, Modulen and Vivonex are examples of specialized formulas.*



# FORMULA PACKAGING

Tube feeding formulas come in different types of packages. Sometimes the terms “open system” and “closed system” are used to describe how the formula is packaged and delivered.

## Open system formulas

### PACKAGING

- Ready-to-use liquids in ‘drink box’ packaging, bottles, or cans
- A powder that is mixed with water

### DELIVERY

- All of these ‘open system’ formulas are fed using either a syringe or container that the formula is poured into before feeding



## Closed system formulas

### PACKAGING

- Pre-filled containers or pouches

### DELIVERY

- The container is ‘spiked’ or pierced with a special tubing set before feeding



## FORMULA HANG TIME

The term “formula hang time” refers to how long a tube feeding formula should remain at room temperature for feeding – after the formula package has been opened or the original package seal has been broken.

## Open system formulas

- Up to 8 hours\* for ready-to-use liquids
- Up to 4 hours\* for powders that have been mixed with water

## Closed system formulas

- Up to 24-48 hours\*

*\*Important Note: always check with your healthcare professional about the formula hang time for your tube feeding formula.*



# Storing Your Formula **AT HOME**

## Storing your Formula at Home

The following information is a general guide. The formula package or your healthcare professional may provide other instructions for your particular formula.

### Liquid Formulas

- Packages that have not been opened can be stored at room temperature.
- Once a formula package is opened it should be used right away OR covered and stored in the refrigerator. Use it within 24 hours. If not used in 24 hours, throw it away.

*Should I shake liquid feeding formula before using?*

Yes. Always gently shake unopened liquid formula packages before using.

### Powdered Formulas

- Store powdered formula in a cool, dry place.
- Check the package to see how long to keep the powdered formula after it is opened.

Check the expiry date on your formula. Throw away formula that is past its expiry date.

*Will using cold formula upset my stomach?*

Cold formula may upset your stomach. You can take refrigerated formula out of the refrigerator for 30 minutes to slowly warm up to room temperature before feeding.

*Do I need to refrigerate my formula before feeding?*

No. Most often, tube feeding formula is stored and used at room temperature.

If a liquid formula package is opened and not used right away, it should be kept in the refrigerator for up to 24 hours.

# Feeding INTOLERANCE

When you first start a tube feeding, it may take a few days for your body to adjust to the formula and feeding routine. But there are times, when you simply may not tolerate the feeding formula you have been asked to use – you may feel unwell and cannot take all of your formula each day. This can become a problem if you are not able to get the nutrition and water you need, or if you are having unpleasant symptoms that make you feel unwell.

Feeding intolerance is often talked about by the signs or symptoms people have – which may vary from feeling full and having a swollen belly (abdomen) to vomiting or diarrhea. Being on a tube feeding does not mean that you should feel uncomfortable during or after you take your formula.



# INTOLERANCE CHECKLIST

## Tube Feeding Intolerance Checklist

You can use the checklist below to help see if you may be suffering from tube feeding intolerance.

Check the items below that tell how you are feeling. It helps to add notes to better describe how often the symptom(s) occur and how long they last.

Check all that apply

Notes on severity, frequency and duration

---

Nausea  
(feeling sick to your stomach)

---

Vomiting

---

Reflux (feeling like your stomach contents are coming back up in your throat)

---

Feeling of Fullness

---

Bloating or swollen belly/abdomen

---

Diarrhea/loose stools

---

Constipation

---

Feedings are being stopped or you need to slow down the rate of feedings because you feel unwell

---

If you checked one or more of the above, you may have tube feeding intolerance.

Talk to your healthcare professional about how to manage these symptoms and if there may be another feeding formula to help make your feedings easier and more comfortable.

You may also find ideas in the next section on 'Problem Solving' to help manage your tube feeding at home.

# Problem SOLVING

## When Things do not Seem Right

Sometimes you may experience problems when tube feeding. The table on the next few pages provides information about some of the more common problems, possible causes and some steps you may take. The information provided in this table is not intended to replace the advice or instruction of your healthcare professionals, or to substitute medical care. If you have a problem, or have more questions, be sure to talk to your healthcare professional.

PROBLEM	POSSIBLE CAUSE	WHAT TO THINK ABOUT
<p><b>Nausea</b> and/or</p> <p><b>Vomiting</b> and/or</p> <p><b>Reflux</b> (feeling like your stomach contents are coming back up into your throat)</p>	<ul style="list-style-type: none"> <li>• Feeding too quickly</li> <li>• Slow digestion in the stomach</li> <li>• Other stomach/digestive problems or illness</li> </ul>	<ul style="list-style-type: none"> <li>• Slow or stop the feed until you are comfortable. If needed, delay the next feeding by 15-20 minutes and restart slowly.*</li> <li>• Slow down feed rate*</li> <li>• Sit upright or lie at a 45-degree angle (about the height of three pillows) during the feeding and for 30 to 60 minutes after the feeding. Do not lie flat during or just after a feeding.</li> <li>• Check with your healthcare professional to see if you should change to a special formula that may be easier to digest and absorb</li> <li>• Speak to your healthcare professional if this problem continues</li> </ul>
<p><b>Diarrhea</b> (frequent, loose, watery or liquid stools)</p>	<ul style="list-style-type: none"> <li>• Medication side effects</li> <li>• Formula is being fed too fast</li> </ul>	<ul style="list-style-type: none"> <li>• Talk to your doctor or pharmacist about your medications</li> <li>• Slow down the feeding rate*</li> <li>• Do not use formula that has been opened and left at room temperature for longer than recommended on the formula label</li> <li>• Do not use formula that has been opened and left in the fridge for longer than 24 hours</li> <li>• Wash your hands well, and use clean supplies/equipment</li> <li>• Replace your feeding container and tubing as directed by your healthcare professional</li> </ul>

*Continues on next page*

PROBLEM	POSSIBLE CAUSE	WHAT TO THINK ABOUT
<p><i>Continued from previous page</i></p> <p><b>Diarrhea</b> (frequent, loose, watery or liquid stools)</p>	<ul style="list-style-type: none"> <li>• No fibre, or not enough fibre, in your formula</li> <li>• Intolerance to the formula</li> <li>• You may have another illness, flu or infection</li> <li>• Your feeding tube may have moved out of place</li> </ul>	<ul style="list-style-type: none"> <li>• Check with your healthcare professional about changing to a formula that has fibre</li> <li>• Check with your healthcare professional to see if you should change to a special formula that may be easier to digest and absorb.</li> <li>• Speak to your healthcare professional if this problem continues for more than 2 days</li> </ul>
<p><b>Bloating or swollen belly/ abdomen;</b></p> <p><b>Stomach cramps;</b></p> <p><b>Feeling of fullness</b></p>	<ul style="list-style-type: none"> <li>• Formula is being fed too fast</li> <li>• Formula is too cold</li> <li>• Too much formula</li> <li>• Lying flat while taking the feeding</li> <li>• Exercising or too much activity right after a feeding</li> <li>• Intolerance to the formula</li> </ul>	<ul style="list-style-type: none"> <li>• Slow down the feeding rate*</li> <li>• Use stored, unopened formula at room temperature for feedings. If you have opened formula in the refrigerator, remove for 30 minutes before feeding.</li> <li>• Make sure you are taking the right amount of formula and/or feeding rate</li> <li>• Sit upright or lie at a 45-degree angle (about the height of three pillows) during the feeding and for 30 to 60 minutes after the feeding. Do not lie flat during or just after a feeding.</li> <li>• Ask your healthcare professional to review your formula. You may need to switch to a formula that has more calories in less volume or to a special formula that may be easier to digest and absorb.</li> </ul>

\* If you have slowed your formula flow rate this may reduce the amount of formula, water and nutrition you are getting. Check with your healthcare professional if you are not able to return to your original rate after 1 or 2 days and you are unable to get the amount of formula and water indicated in your feeding schedule.

PROBLEM	POSSIBLE CAUSE	WHAT TO THINK ABOUT
<p><b>Constipation</b> (bowel movements occur less than usual or are hard, dry and painful or difficult to pass)</p>	<ul style="list-style-type: none"> <li>• You are not taking enough fluid or water</li> <li>• No fibre, or not enough fibre, in your formula</li> <li>• Not enough exercise or activity</li> <li>• Medications</li> </ul>	<ul style="list-style-type: none"> <li>• Take more water through your feeding tube if advised by your healthcare professional</li> <li>• Check with your doctor or dietitian to see if you should change to a formula that contains enough fibre</li> <li>• Be more active - if this is possible (check with your doctor)</li> <li>• Talk to your doctor or pharmacist about your medications</li> </ul>
<p><b>Dehydration</b> (the amount of water in the body has dropped below the level needed for normal body function);</p> <p><b>Passing less urine/dark yellow urine;</b></p> <p><b>Feeling thirsty</b></p>	<ul style="list-style-type: none"> <li>• You are not taking enough fluid or water</li> <li>• Illness with diarrhea, fever, heavy sweating</li> </ul>	<ul style="list-style-type: none"> <li>• Make sure you are taking the right amount of water every day before and after your feedings</li> <li>• Talk to your healthcare professional to make sure you are getting the right amount of water each day</li> </ul>
<p><b>Gaining weight quickly</b> (more than 5 pounds or 2 kg a week)</p>	<ul style="list-style-type: none"> <li>• You may be getting too much fluid or water</li> <li>• You may be getting too much formula</li> </ul>	<ul style="list-style-type: none"> <li>• Make sure you are taking the right amount of formula and water every day</li> <li>• Talk to your healthcare professional to see if you need to change the amount of formula and water each day</li> </ul>
<p><b>Losing weight</b></p>	<ul style="list-style-type: none"> <li>• You may not be getting enough calories</li> </ul>	<ul style="list-style-type: none"> <li>• Make sure you are taking the right amount of formula every day</li> <li>• Talk to your healthcare professional to see if you need to change the amount or type of formula you are taking</li> </ul>

PROBLEM	POSSIBLE CAUSE	WHAT TO THINK ABOUT
<p><b>Aspiration</b> (breathing in foods or liquids into the airway or lungs);</p> <p><b>Sudden coughing or trouble breathing</b> during feeding or right after feeding</p>	<ul style="list-style-type: none"> <li>• Your formula may be coming back up from your stomach and it could be breathed into your lungs</li> <li>• Lying flat during feeding</li> <li>• Illness such as a chest infection or pneumonia</li> </ul>	<ul style="list-style-type: none"> <li>• Sit upright or lie at a 45-degree angle (about the height of three pillows) during the feeding and for 30 to 60 minutes after the feeding. Do not lie flat during or just after a feeding.</li> <li>• If symptoms continue, call your doctor or go to the hospital</li> </ul>
<p><b>Blocked feeding tube</b> or formula will not run through the feeding tube</p>	<ul style="list-style-type: none"> <li>• There may be a kink or bend in your feeding tube or the feeding set</li> <li>• Formula or medication may have blocked the tube</li> </ul>	<ul style="list-style-type: none"> <li>• Check the feeding tube and feeding set to make sure the tubing is not bent or kinked</li> <li>• Flush the tube with warm water before and after feeding or medications</li> <li>• Do not give pureed foods or other liquids through the tube before talking with your health care professional</li> <li>• Do not mix anything new into the formula without consulting your healthcare professional</li> <li>• Use only liquid or finely crushed medicine dissolved in water</li> <li>• If your tube is blocked, do not try to remove the blockage yourself. Consult with your healthcare professional for advice on what to do next.</li> </ul>
<p><b>Feeding tube falls out</b></p>	<ul style="list-style-type: none"> <li>• Your tube may have come out by accident</li> </ul>	<ul style="list-style-type: none"> <li>• Cover the opening with a clean cloth or towel (if you have a gastrostomy or jejunostomy tube which goes directly in through your skin into your stomach or small intestine)</li> <li>• Call your healthcare professional or go to the nearest emergency department with your feeding tube</li> </ul>



# Keeping a **DIARY**

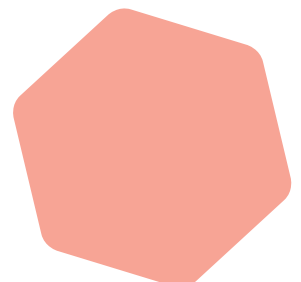
To help you and your healthcare professional keep track and assess your progress with your tube feedings, using a diary may help.

The diary shown below is an example of how you can track your tube feeding over time.

When you visit your healthcare professional, take your diary.

Daily formula goal: \_\_\_\_\_ mL/containers

Daily water goal: \_\_\_\_\_ mL and/or \_\_\_\_\_ flushes





# DIARY

	Sun.	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.
Date							
Weight							
Amount of Formula Taken							
Amount of Water Taken							
Other Fluid put Through the Tube							
Number of Stools							
Stool Consistency (hard, soft, watery)							
Tube Site (is skin clean, red or sore)							
• Other Intolerance symptoms and how often they occur							
• Any questions or concerns related to the tube feeding							

# Your Tube Feeding SCHEDULE

<b>Your Formula is</b>			
Total amount of formula each day _____		(number of containers of formula each day _____ )	
You will use _____ cases of formula each month		Reorder your formula on the _____ day of each month	
<input type="checkbox"/> <b>Feeding by Gravity or Syringe</b>		<input type="checkbox"/> <b>Feeding with a Pump</b>	
Take your feedings _____ times each day. If using gravity feeding, the formula flow rate will be _____ drips or _____ mL per _____ seconds		Rate (mL/hour): _____	
		Hours to feed each day: _____	
<b>Time</b>	<b>Amount</b>	<b>Feeding Time</b>	
		From	To
		From	To
		From	To
		From	To
		From	To
		From	To
		From	To

<b>Water Flushes</b>	
Before starting the feeding, flush your tube with _____ mL of water.	
After the feeding is finished, flush your tube with _____ mL of water.	
<b>OR</b>	
Every _____ hours, flush with _____ mL of water.	
<b>Notes</b>	

# Your Tube Feeding **SUPPLIES**



Have your healthcare professional fill in all of the sections below that apply.

## Feeding Tube

Name/Type of Tube:

---

Size of Feeding Tube (French size):

---

Brand/Manufacturer:

---

## Feeding Supplies

Feeding Formula:

---

Brand/Manufacturer:

---

Type of Feeding Container:

---

Brand/Manufacturer:

---

Change Feeding Container Every \_\_\_\_\_ (hours or days)

---

Type of Tubing Needed to Attach to Feeding Container:

---

Change Feeding Tubing Every \_\_\_\_\_ (hours or days)

---

Name of Pump:

---

Brand/Manufacturer:

---

## Other Supplies Needed (such as syringes, tape)

---

---

---

---

---

---

---

---

---

---

# Contact **NAMES & NUMBERS**

If you have questions about your tube feeding the following people can help.

Doctor:

---

Phone

---

Email

---

Nurse:

---

Phone

---

Email

---

Dietitian:

---

Phone

---

Email

---

Formula Supplier:

---

Phone

---

Email

---

Feeding Bags and  
Tubing Supplier:

---

Phone

---

Email

---

Pump Supplier:

---

Phone

---

Email

---



# OTHER CONTACTS:



Contact Name:

---

Phone

---

Email

---

Contact Name:

---

Phone

---

Email

---

Contact Name:

---

Phone

---

Email

---

Contact Name:

---

Phone

---

Email

---

Contact Name:

---

Phone

---

Email

---

Contact Name:

---

Phone

---

Email

---

Contact Name:

---

Phone

---

Email

---





This booklet has been provided  
through your healthcare  
professional as an educational  
service from Nestlé Health Science

Nestlé Health Science  
25 Sheppard Ave. West  
North York, ON  
M2N 6S8

[www.nestlehealthscience.ca](http://www.nestlehealthscience.ca)  
or call 1-800-565-1871

