

Your Tube

TUBE FEEDING AT HOME



YOUR TUBE

Name:

Type of tube and size (Fr or Ch):

Date of placement:

First date of replacement (if required):

Type of enteral nutrition product and amount when discharged from hospital

Tube feeding routine

Product name

Volume

Rate

Time

OUT OF HOURS ADVICE LINE

0800 093 3672

GENERAL PRACTITIONER

COMMUNITY NURSE

HOSPITAL DOCTOR OR NURSE

HOMEWARD NURSE

DIETITIAN

NUTRICIA HOMEWARD

0800 093 3672

PATIENT SERVICE TEAM

nutricia.homeward@nutricia.com

Homeward Nurse Signature

Date

Always contact your own GP or Community Nurse if you do not feel well, or if the problem is urgent. Emergency Hospital contact (for patients discharged from hospital following a gastrostomy insertion will be provided by the managing healthcare professional)

about this guide

This book is for Nutricia Homeward patients who have an enteral feeding tube, and their carers. It contains information and advice about how to look after a feeding tube and enteral nutrition products. Enteral nutrition may be called 'tube feed' by your dietitian or Homeward Nurse.

We suggest you always follow the advice given by your managing healthcare professional. They will tell you how much of your tube feed you need and how long you need to spend tube feeding every day.

Your Homeward Nurse will be able to help if you need any more information about caring for your feeding tube.



VISIT THE NUTRICIA HOMEWARD WEBSITE FOR INFORMATION ON...

Preparing to go home, deliveries, ordering your medical nutritional supplies, travel and holiday service

...OR REFER TO YOUR WELCOME BOOK!



SECURE HOMEWARD NURSE

video calls

Another way to speak to your Homeward Nurse is through a video call. It's safe, secure, offering convenience and flexibility. Your Homeward Nurse can give you more details and will arrange this with you.

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starting tube feeding

Your healthcare professional has suggested tube feeding for you or someone you care for.

With anything new it's normal to have concerns at the start. You will be supported by your local healthcare professional, as well as Nutricia Homeward. Nutricia Homeward are your home enteral feeding service provider. They will offer help and support 24 hours a day, 7 days a week (including Bank Holidays).

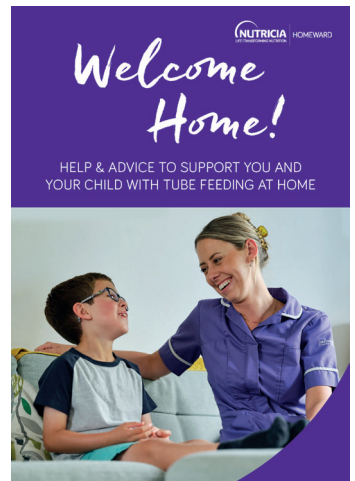
THE NUTRICIA HOMEWARD SERVICE

Nutricia Homeward supports patients, their families and carers, to manage their tube feeding when leaving hospital and at home. Nutricia Homeward will train you, your family and those who help care for you, to look after your feeding tube.

You will receive a welcome book telling you about the Nutricia Homeward service. This book contains useful telephone numbers for the Nutricia Homeward Patient Services team and the Homeward Nurses. **You will find details about how to contact the Nutricia Homeward clinical advice line. Nutricia Homeward offer support 24 hours a day. Out of office please call 0800 0933672.**

The Homeward Nurses wear uniforms and carry identification at all times.

You will receive a copy of the Welcome Home book on registration with the Nutricia Homeward service via email or by post.





TYPES OF TUBE FEEDS.

Your dietitian will recommend the right tube feed and best way of tube feeding for you. It will depend on, your nutritional needs, weight, height, activity levels, medical condition, lifestyle, and whether you can still eat and drink.

Tube feeds are a liquid form of nutrition. The nutrients in tube feed are similar to those you would get from normal food. There are many different tube feeds, including:

- Low or high energy requirements
- With or without fibre
- High protein needs
- Lactose (milk) intolerance
- Ready to use tube feeds

With pre-digested nutrients making them easier to digest/absorb

Additionally, ready to drink, flavoured nutritional supplements can be used for bolus feeding.

TUBE FEEDS ARE:

- Specifically made for tube fed individuals
- Nutritionally complete and balanced
- Designed to help meet your nutritional needs
- Sterile
- Convenient
- Designed to flow easily through the feeding tube so less risk of blockages
- Designed to be used alone or in combination with oral nutritional supplements and/or diet.

CHECKING YOUR TUBE FEED

Check you have been given the right tube feed. Check the name on the bottle or pack. Make sure it is the same as the one prescribed for you by your managing healthcare professional or dietitian. Check the best before date. This is printed on the box and on the individual pack or bottle. Check the foil seals are not damaged.

Make sure you always gently shake the bottle or pack before use.

Check the liquid looks smooth and does not appear to have 'curdled'. If it doesn't look right, use a different bottle or pack with the same name printed on it.

If you have any concerns, please contact the Nutricia Homeward Patient Services team.

STORING YOUR TUBE FEEDING PRODUCTS AND EQUIPMENT

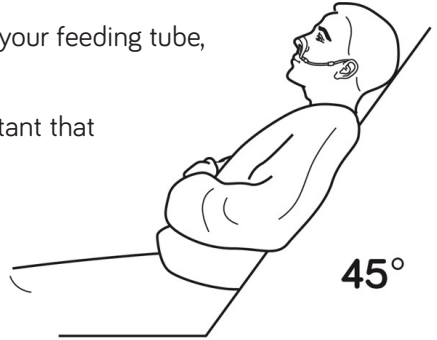
- Equipment must be kept clean.
- Store unopened tube feeding products and equipment in a cool, dry place.
- Avoid putting tube feeding products and equipment next to radiators or in direct sunlight.
- When it's cold, do not put tube feeding products or feeding equipment in garden sheds, garages, or outbuildings.
- Remember to store your tube feeding products, so you always use the oldest product first.
- Contact the Nutricia Homeward Patient Services team if you have any tube feeding products or equipment that you no longer need.

SITTING CORRECTLY DURING & AFTER TUBE FEEDING

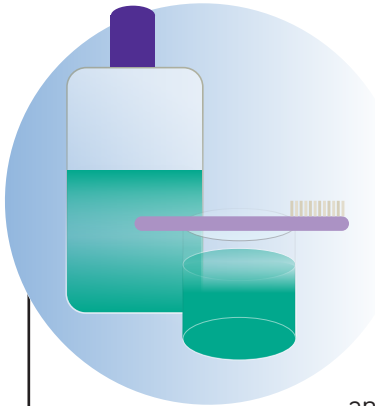
It is best to sit as upright as possible when using your feeding tube, just like you would if sitting at the dinner table.

If you are unable to sit in this position, it is important that you sit no lower than 30 - 45°.

If you are not able to sit in a position of 30 - 45° please talk to your managing healthcare professional. They will tell you what to do.



It is important that you do not lay flatter than 30 - 45° for at least one hour after using your feeding tube. This includes water flushes and taking medications.



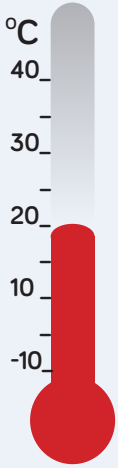
DAILY MOUTH CARE

It is important to maintain oral hygiene if you are using an enteral nutrition product for all or part of your nutrition; this will help keep your mouth, teeth and gums clean and free from infection.

The frequency and methods of mouth care will depend on the advice given by the Speech and Language Therapist, GP and dentist. If you or the person you care for has a sore mouth, bleeding gums, blistered tongue or mouth, you must contact the dentist or GP for advice.

YOUR TUBE FEEDING PRODUCTS

1. Careful handling of the tube feeding product and feeding equipment will help to stop bacteria spreading. Bacteria can cause problems such as vomiting and diarrhoea.
2. Always set up your tube feeding equipment in a clean work area. Try to not touch any internal part of the product container, giving set or feeding tube with your hands.
3. Ready-to-use tube feeds may be given over a maximum period of 24 hours. Any leftover tube feed after this time must be thrown away. If you only use half a pack of tube feed, store the other half in the fridge for up to 24hrs from first opening it. Remove from the fridge 30mins before using so it returns to room temperature.



safe handling

TUBE FEEDS SHOULD BE GIVEN AT ROOM TEMPERATURE!

- *Cold tube feeds may lead to an upset stomach, nausea, vomiting or diarrhoea*
- *Don't warm tube feeds as this may cause the risk of infection*
- *Heating tube feeds may alter the nutritional value*

4. Reconstituted enteral feeds. If you mix your tube feed or decant it into a container, the tube feed, the Flocare giving sets and containers are safe to reuse multiple times within a 24-hour period but must be stored in the fridge. Any leftover tube feed after this time must be thrown away.



Find out about recycling your Flocare containers and tube feeding packaging



HAND WASHING

MAKE SURE YOU WASH YOUR HANDS WELL WITH LIQUID SOAP AND WARM WATER TO REDUCE THE RISK OF INFECTION. ALWAYS DRY YOUR HANDS ON A CLEAN TOWEL.

checklists

THINGS TO CHECK EVERY DAY

- *Every day, clean around the site of the feeding tube, as your healthcare professional has shown you.*
- *Look after the skin around the tube so it doesn't become sore. Your healthcare team will show you how to do this.*
- *Your dietitian will let you know how much water you need every day. Make sure you stay hydrated by using enough water for flushes through the tube, or by mouth if safe for you to do so.*
- *Keep your teeth and gums healthy. Clean your teeth twice a day even if you are not eating or drinking.*
- *At the start, it may seem that there is a lot to remember. You will soon get used to what everything means and what you have to do.*

THINGS TO CHECK AT TUBE FEEDING TIME

Check the label of the tube feed to make sure it is the right tube feed for you. Check the date. There may be two dates: the best before and the production date. It is the best-before date you need to check.

THINGS TO CHECK WHEN TUBE FEEDING AWAY FROM HOME

Use this list to help you plan your travel away from home, and make sure you have everything you need. Ensure you have enough (including a few spares) to last your entire trip.

- *Tube feed*
- *Medications, if you need them*
- *Water for flushing*
- *Purple syringes*
- *Tube feed container/bottles*
- *Feeding pump (if needed) and pump charger*
- *Spare giving sets, syringes*
- *Spare feeding tube (if applicable)*
- *Spare extension sets for feeding tube (if applicable)*

- *Spare PEG end (if applicable)*
- *pH indicator strips (if applicable)*
- *Syringes for balloon water checks (if applicable)*
- *Any stoma site creams or dressings that have been prescribed (if applicable)*
- *Towels, wipes, tape*
- *A way to hang the tube feeding pack, usually in backpack*
- *Plastic containers*
- *Phone numbers for Nutricia Homeward*
- *Your tube feeding care plan*
- *Emergency contact numbers*
- *A letter from your Dietitians (especially if traveling abroad)*

ARE YOU TRAVELLING ABROAD?

- *Make sure that you contact Nutricia Homeward at least 6 weeks before for advice and information.*



tube feed

medication

water

purple syringes

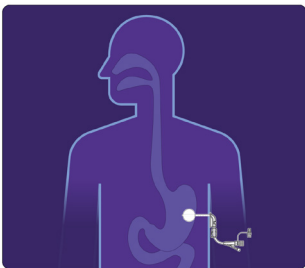
LETTER!



types of feeding tube

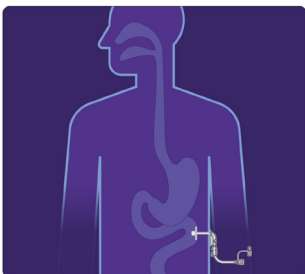
Your healthcare professional will suggest the best type of feeding tube for you.

The main types of feeding tubes are described below. Each feeding tube is slightly different, but the aim is the same. To give the nutrients needed to maintain weight, where possible support recovery, help respond to treatment, and maintain independence



GASTROSTOMY

Gastrostomy tubes, e.g. percutaneous endoscopic gastrostomy (PEG) or radiologically inserted gastrostomy (RIG), are placed directly into the stomach through a small opening in the abdomen's skin.



JEJUNOSTOMY TUBES

Jejunostomy tubes can be placed directly into the small intestine (jejunum) through a small opening in the abdomen's skin (jejunostomy). They can also be placed through the stomach and into the small intestine with a jejunal extension (PEG-J).

Gastrostomy and jejunostomy tubes are recommended for long term feeding, more



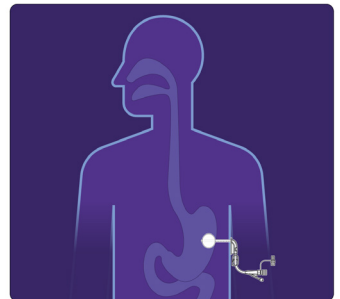


than six weeks. They are less visible than NG or NJ tubes.

Gastrostomy and jejunostomy tubes need a procedure or surgery for placement where a stoma site is made.

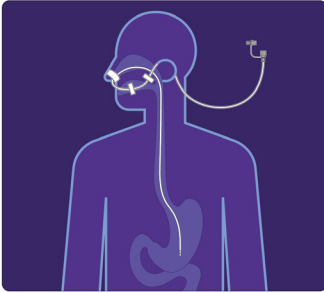
1. Endoscopy: The gastrostomy tube can be placed using an endoscope. It is called a PEG if passed into the stomach or PEG-J when passed into the small intestine (jejunum).
2. Radiologically guided: The gastrostomy tube can be inserted using x-rays to place the feeding tube into the stomach. This is called a RIG, which may be bumper retained or a balloon retained (BGT) tube.
3. Surgically: The surgeon will make an opening into the stomach or small intestine (jejunum). The feeding tube is placed through the skin into the stomach or jejunum. The stoma site is then stitched closed around the tube. The tube is called surgical gastrostomy if placed in the stomach, or jejunostomy if placed in the jejunum.

If the feeding tube has an external fixator, it is important



to follow the advice that was given by the healthcare team on how to care for the fixation plate and feeding tube.

Your healthcare professional will provide advice on how to care for the tube.



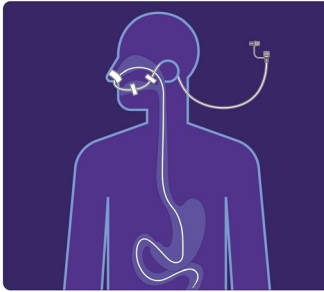
NASOGASTRIC TUBE (NG TUBE)

An NG tube is placed through the nose, down the oesophagus, and into the stomach.

It is usually for short term use (6–8 weeks). Although the length of time anyone needs to tube feed is different. NG tubes do not need surgery for placement. They are visible as the tube may be taped to the nose and tucked

over the ear. NG tube insertion can be a little uncomfortable. The position of the tube must be confirmed before tube feeding can start.

NG tubes may accidentally move out of place. It's important to check the tubes position before each tube feed, dose of medications and flush of water.



NASOJEJUNAL TUBE (NJ TUBE)

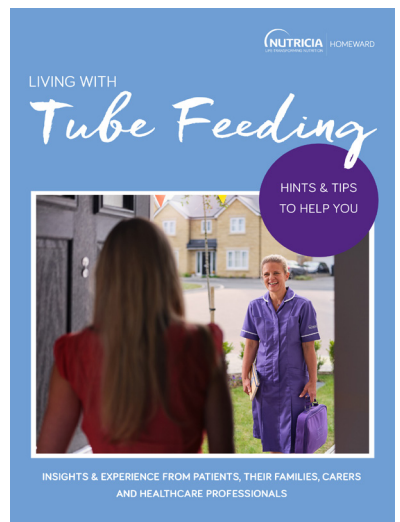
An NJ tube is placed through the nose, down the oesophagus, through the stomach and into the small intestine (jejunum).

These are used less than other types of feeding tubes. They are used when feeding into

the stomach isn't possible.

NJ tubes do not need surgery for placement. The feeding tubes are visible as the tube may be taped to the nose and tucked over the ear. An NJ tube may be placed using x-rays.

These feeding tubes may accidentally move out of place. NJ tubes always have to be replaced in the hospital.





who to contact

On the inside cover of this book is a place to keep important numbers and email addresses – please keep this book somewhere safe in case you should need to get in touch with anyone at any time.

If you have any questions about your feeding tube or feeding pump, please contact the Homeward Nurse who will be able to help you. The Homeward Nurse will have given you a contact number but, if you don't have this, please call **0800 093 3672**.

ORDER YOUR SUPPLIES ONLINE

It's a quick and easy process to set up your account for online ordering at nutriciahomeward.co.uk

Each month you will receive an email letting you know when your 'order window' is open, you just need to click and submit for your next delivery.

IF YOU HAVE ANY QUESTIONS OR NEED TO CONTACT THE TEAM

Please email nutricia.homeward@nutricia.com or telephone **0800 093 3672**.

PLEASE LET US KNOW...

Should you no longer need any of the tube feeding equipment or medical nutrition please contact the Nutricia Homeward Patient Services team. If there is an unexpected pause in the need for delivery of your tube feed, maybe a trip away from home or an unplanned Hospital stay, please let Nutricia Homeward Patient Services team know and we can delay deliveries during this time. This will prevent waste and additional storage for you. You can notify the team at any time when the deliveries need to be restarted.

glossary

BOLUS

The amount of food swallowed at one time

BOLUS FEEDING

Gravity assisted delivery of an enteral nutrition product

CONTINUOUS FEEDING

A tube feed which is given by using a feeding pump, slowly over a period of 8-24 hours

ENTERAL FEEDING

Being fed into the stomach or intestine

ENTERAL NUTRITION PRODUCT

A nutritional liquid, also referred to by healthcare professionals as an 'enteral feed' or 'tube feed', which is given through the enteral feeding tube

SYRINGE

A medical device used to give fluid, tube feed or medications or remove fluid.

FLUSHES

Water given via the feeding tube to avoid blockages and maintain hydration.

GIVING SET

A flexible tube that helps to deliver a tube feed. Its attached to the tube feed container at one end and the feeding tube at the other with the feeding pump in the middle.

PH

The pH must be checked if a nasogastric tube is fitted, and should read between 1-5.5

USEFUL WEBSITE ADDRESS

nutriciahomeward.co.uk

Includes short videos and information to download.

carersuk.org

Help and support for carers

nutriciaflocare.com

Information, support & resources on all aspects of the Flocare family of pumps, sets and tube products.

tube-feeding.com

Supporting patients and healthcare professionals.

pinnt.com

Practical support for day-to-day living with artificial nutrition at home.

Nutricia's range of Nutrison tube feeds are foods for special medical purposes and must be used under medical supervision.