

FACT SHEET 2: ADVICE, HINTS AND TIPS

WHAT EQUIPMENT DO I NEED TO START TUBE FEEDING?

When you are in hospital you will be shown how to use the equipment you need.

When you are ready to go home all of the things you need will be delivered to your home by Nutricia Homeward.



- A feeding pump to deliver the feed through a flexible tube, called a giving set
- A giving set: a flexible tube that helps to deliver the tube feed. It is attached to the tube feed at one end and the feeding tube at the other end, with the pump in the middle
- A feeding pump frame, designed to hold the tube feed and feeding pump
- A spare feeding tube may be provided depending on the type of feeding tube you have
- Syringes* — these may be single use or reusable (your dietitian will tell you which type of syringe is the right one for your needs) — to use with your tube feed, water and medication. Syringes come in different types and sizes (e.g. 10ml or 60ml)
- Additional equipment, e.g. pH paper, container, will be provided by the healthcare team or Nutricia Homeward (the company who deliver your tube feed)

*Syringes used for balloon checks (if you need these) are different to enteral flushing and feeding syringes.

CAN I MAKE THE PUMP GO FASTER?

The pump rate will have been set by your nutrition team at the hospital, this will have been decided because of your medical condition and how active you are.

If you would like to make any changes to your tube feeding plan, or the speed of your feeding pump, you should make sure you talk to your dietitian first. Making changes, like having your tube feed too quickly, may make you feel unwell. You may have tummy ache, or you may feel sick or actually be sick, or you may have diarrhoea. Making sure your dietitian is aware of any changes to your feeding routine means they can make sure it's still safe for you and that you are getting the right nutrition. It also means they can tell the delivery company of any changes in the amount of tube feed and/or equipment you need for any changes.

This information is intended for patients who have been prescribed a tube feed by a healthcare professional.



CAN I PUT MY OWN FOOD DOWN THE TUBE?

You should only put the sterile tube feeds, water flushes and, for some people, medications, down the feeding tube. These have been safely prescribed for you by your healthcare professional.

You will not need to put your own food down the feeding tube, as the feeding routine created by your healthcare professional has been tailored to meet your nutritional needs. Putting other foods down the feeding tube can cause problems. It may make you feel sick or give you a bad stomach ache. It could also block your feeding tube.

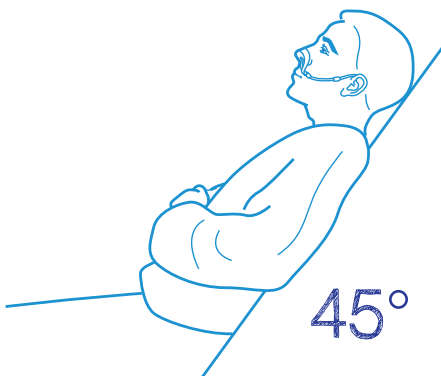
Your dietitian will talk you about this, but your Nutricia Homeward Nurse will also be able to help and answer any questions.

WHAT SHOULD I KNOW BEFORE GOING HOME WITH TUBE FEEDING?

Make sure you ask your doctor, nurse or dietitian any questions you have before going home. Your Nutricia Homeward Nurse will teach you how to use your pump and make sure you know all you need to before you go home. You will get time to practice and ask lots of questions. They will also come and see you when you get home. If you have any questions about your pump and how it works you can phone and speak to someone at Nutricia Homeward.

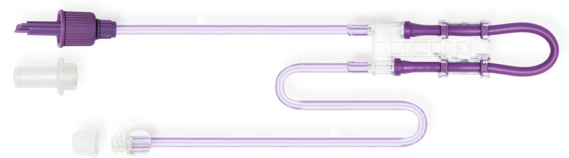
IS IT BETTER TO LIE DOWN OR SIT UP WHEN I HAVE MY TUBE FEED?

If you do lie down, make sure you have at least two pillows, so you are propped up. It's important to make sure you lie at a 45° angle, just as the picture shows. You need to stay like this for at least 60 minutes when you have finished your tube feed. It isn't safe to lie flat when you are tube feeding.



CAN I TAKE A BREAK DURING TUBE FEEDING?

The giving set — the tube that connects the pump to your tube feed — needs to be thrown away after 24 hours. If you undo the tubes and connect them up again several times you could make your feeding tube dirty. Speak to your dietitian if you want to change how you have your tube feeds.



WHAT FLAVOUR IS THE FEED?

A lot of the tube feeds are not flavoured. If you do find you are getting heartburn with your tube feeds, which means you are getting a taste in your mouth, talk to your dietitian — they may be able to alter your tube feeding routine to stop this from happening.

If you have an oral nutritional supplement (ONS) used for bolus feeding, these come in lots of different flavours. Some patients do taste the ONS — ask your dietitian for more information on the different flavours available.



WHAT TEMPERATURE SHOULD THE FEED BE? CAN I WARM IT UP?

Tube feeds should be taken at room temperature, not heated up or chilled.

If the medical nutrition is too cold, it might make you sick or may give you diarrhoea.

If it has been warmed, it might destroy some of the nutrients in the medical nutrition and there may be more of a chance of getting an infection.

IS IT NORMAL THAT THE COLOUR OF MY TUBE HAS CHANGED WITH TIME?

If you are worried the tube looks a funny colour, make sure you speak to your Nutricia Homeward Nurse. It might be because the tube is getting old!



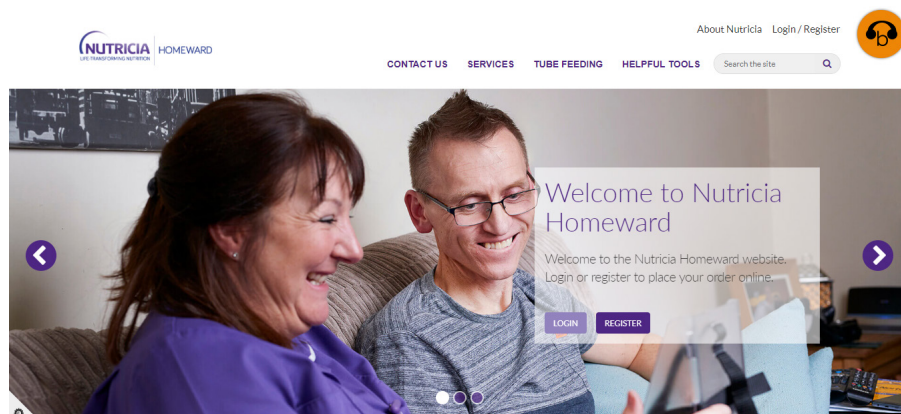
WHERE CAN I MEET OTHER PEOPLE WHO HAVE A FEEDING TUBE?

It may be nice to speak to other people like you, who have their food through a tube. PINNT (pinnt.com) is a charity for people just like you and they have a website with lots of great information. They often have events and get together where you can make new friends.

HOW WILL I GET ALL THE FEED AND EQUIPMENT I NEED?

Nutricia Homeward will deliver your tube feed, your giving sets and your pump to your home.

Every month someone from Nutricia Homeward will phone to see how many bottles of tube feed you need, or if you want to you can do your stock check online. There is a handy work book to help you learn how to do this. Go to nutriahomeward.co.uk — don't worry if you forget, someone from Nutricia Homeward will call you if you haven't filled in the form on time.



You can download a delivery date calendar to help remember when to order and know when everything will be delivered.

DO I STILL NEED TO GO TO THE DENTIST?

Not many people like going to the dentist but you do still need to look after your mouth and teeth. Make sure your dentist knows you have food through a tube. They may be able to give you some great hints and tips.



I NO LONGER REQUIRE THE FEEDING PUMP, WHAT SHOULD I DO?

If you don't need your pump any longer, someone else may need it. Please phone Nutricia Homeward on 0800 093 3672 and ask them to collect your pump. One of the delivery drivers will be happy to arrange to come and collect it.

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All products mentioned are Foods for Special Medical Purposes for the dietary management of disease related malnutrition and must be used under medical supervision.

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