

TUBE FEEDING AT HOME

Easy reading version



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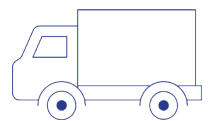
Nutricia Homeward Service

- Nutricia Homeward is here to help with your tube feeding
- You will have a Nutricia Homeward Nurse to help you
- The nurse will always wear a uniform and have an ID badge



Nurse name	
Nurse number	

- You will have regular deliveries (usually every 28 days)
- The delivery driver will always carry an ID badge.



Your details

Your name	
Date of birth	
What type is your tube?	
When was your tube fitted?	
What feed and water do you have?	

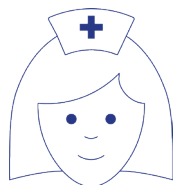
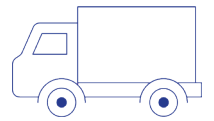
Healthcare professionals who can help you

Contact	Name	Number
GP		
Community Nurse		
Hospital Doctor or Nurse		
Nutricia Homeward Nurse		
Nutricia Homeward Customer Service		0800 093 3671
Nutricia Out of Hours Help Line		0800 093 3672
Dietitian		
Emergency Contact		

Remember: Your Nutricia Homeward Nurse can help you fill this in.

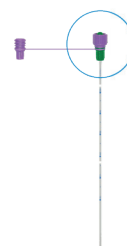
Checking and storing

- Every 28 days you will get a delivery of all your feed and equipment
- You will get a call from Nutricia Homeward to check your stock before they deliver
- Your nutritional feed needs to be stored at room temperature
- **Do not** store in a shed or garage
- **Do not** store near a radiator or in sunlight
- Ideally store in a cupboard or wardrobe
- Check the tube feed is in date
- Check the tube feed is smooth
- Check the tube feed has not curdled
- If you have any questions, phone your Nutricia Homeward Nurse.



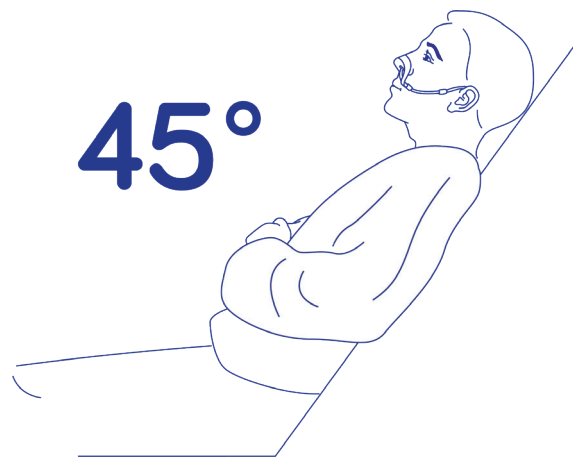
Staying safe

- Before touching your tube or setting up your tube feed, always wash your hands first
- Prepare and set up your equipment in a clean area
- Make sure you have everything you need
- **Do not** touch the end of your tube, the ends of the giving set or top of the bottle of tube feed
- Once a bottle of tube feed is open, it must be used within 24 hours. After this you must throw away the tube feed and giving set
- Check with your Nutricia Homeward Nurse what you should do with the empty bottle and giving sets when you have finished using them.



Sitting in the right position

- Before putting any feed, water or medications through your tube, you need to be sitting in the right position
- You need to be sat up, this means at least 45° or more
- If you are in bed, you can use pillows to prop yourself up
- You should not lie down but should stay sat up for an hour after tube feeding has stopped
- Sitting up will help stop you aspirating; meaning it stops the tube feed from getting into your lungs and making you very unwell
- If you ever feel short of breath or can't breath properly, stop tube feeding immediately
- Get some urgent medical advice and call 999.



Taking your medication

- Only medications prescribed by your doctor should be given through your tube
- Medication being given through your tube needs to be in either liquid form, dissolvable or allowed to be crushed
- Your pharmacist can help you with this
- Get all your equipment ready: 60ml syringe, medication syringes, water, and medication
- See the care plan from your dietitian
- First flush your tube with water as shown by your Nutricia Homeward Nurse
- Give each of the medications one at a time and flush the tube with water in between each one - see your care plan for how much water
- After the last medication has been given, flush the tube with water again
- It is important to give your medication like this to prevent your tube from blocking
- If you have any concerns regarding your medication, speak to your doctor



Syringe care

- Check the packaging to see what type of syringes you have



- Your Nutricia Homeward Nurse or carer can help with this

- If the packet says “single use” - or you see this symbol - this means you can use the syringe once and then throw it away



- If the packet says “single patient use” or “reusable”, this means you can use the syringe for seven days; after seven days, throw the syringe away and open a new one

- Reusable syringes need to be washed with warm soapy water and rinsed after each use

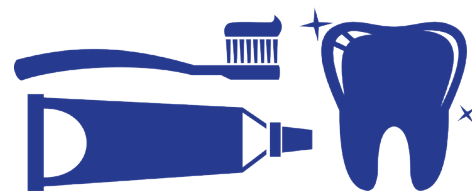


- The syringes can be stored in a plastic container with a lid and a kitchen towel in the bottom

- Take the syringe apart and lie it flat in the container to dry.

Mouth care

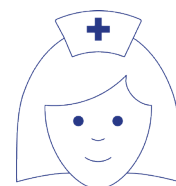
- It is important to keep your mouth clean, even if you are not able to eat or drink



- This will keep your teeth and gums healthy and free from any infections
- Your doctor or dentist can help if you have any problems with your teeth, mouth or gums.

Skin care

- Keep the skin around your tube clean and dry, as your Nutricia Homeward Nurse has shown you; this will prevent the skin getting infected



- **Do not** use any creams or powders unless they have been prescribed

- If you notice any redness, pain or discharge from the skin around your tube, speak to your Nutricia Homeward Nurse or doctor for advice.



Please see the other Nutricia advice leaflets for more information about your tube and tube feeding.

Your Nutricia Homeward Nurse will bring these leaflets with them when they come to see you.

Remember: Any questions or help you may need please call your Nutricia Homeward Nurse or the Out of Hours Help Line.



HOMeward
FOR CARE HOMES

Nutricia Limited
Newmarket Avenue
White Horse Business Park
Trowbridge, Wiltshire BA14 0XQ

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