

FACT SHEET 5: CHECK LISTS

THINGS TO DO EVERY DAY

Your Nutricia Homeward Nurse will show you the things you need to do every day.

THINGS TO CHECK BEFORE YOU HAVE YOUR MEDICAL NUTRITION

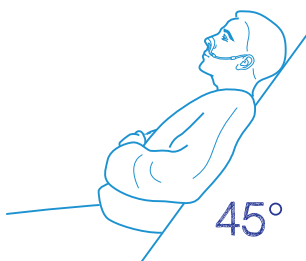
Check the tube feed label, make sure it has your name on it and is still in date.

Hygiene:

Make sure the tube is in the right position.

Flush the tube with water before and after your feed or medication.

Make sure you are sitting at a 45° angle.



THINGS TO CHECK FOR FEEDING AWAY FROM HOME

Use this check list to help you plan so you have everything you need, whatever you're doing:

- Tube feed
- Medication, if applicable
- Water for flushing
- Syringes
- Feed container
- Feeding pump (if needed) and pump charger
- Spare giving sets, syringes, and sterile water
- Spare feeding tube (if applicable)
- Towels, wipes, tape
- A way to hang the tube feed (usually in a carry system)
- Plastic containers/bags to store feeding supplies
- Phone number for your healthcare provider
- Your tube feeding care plan.

You can plan holidays in the UK and abroad, and Nutricia Homeward can help you with your tube feed and equipment. It is important to speak to Nutricia Homeward two weeks before you go on a UK holiday and six weeks before you take a trip abroad.

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

Accurate at time of publication: December 2019.

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AMN0494E-12/19

