

FACT SHEET 7: GOING ON HOLIDAY

CAN I GO ON HOLIDAY?

Yes, you can still go on holiday when you are tube feeding. Discuss your holiday plans with your nutrition team so they can give you advice about managing your tube feeding when you are away.

If you have been registered with the Nutricia Homeward service for three months, we may be able to arrange for your tube feed delivery to be made to your home address with a special travel trunk for you to take with you or deliver to your destination.

There is a booklet designed to tell you everything you need to know about the holiday and travel support services available from Nutricia Homeward, it can be downloaded from nutricia.homeward.co.uk.



WILL I STILL BE ABLE TO GO SWIMMING AND PLAY SPORTS?

You can play sport with a feeding tube although rough contact sports are not advised as they can cause the feeding tube to become dislodged.

You can also swim with a feeding tube using a waterproof dressing to protect the site once the site has healed.

WHO DO I CONTACT?

When you have talked about your holiday plans with your nutrition team and your doctor, you can contact Nutricia Homeward on 0800 093 3672 to talk about the holiday service.

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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AMN0494G-12/19

