

FACT SHEET 8: SCHOOL

WILL I BE ABLE TO GO TO SCHOOL?

As long as you have discussed this with your doctor and nutrition team, and you feel well enough, you can go to school with a feeding tube. There will be support for both you and your school from your healthcare professionals to help you return to school.

Useful things for your school to have a copy of:

- Feeding routine
- Information about how to care for the feeding tube
- Spare ancillaries, e.g. giving sets, syringes
- A copy of the guidelines about hand washing procedures
- Guidelines and information about what to do if the tube comes out.

Your Nutricia Homeward Nurse will even visit you in school if you would like, to ensure you do not miss vital classes.

WHAT WILL I TELL MY FRIENDS?

You can tell your friends exactly what you would like them to know when you feel ready to discuss it with them. Your feeding tube may be hidden under your clothing, however, your giving set may be visible. It's your choice, tell them about your feeding tube and the tube feeds only if you want to.

If you need to have your feeds when you are in school or with your friends, it is completely up to you to tell them how much you want them to know.

WHAT HAPPENS WHEN I NEED TO TUBE FEED AT SCHOOL?

Your Nutricia Homeward Nurse can come and see you at school and train your teachers to support you with your tube feeds at school.

Nutricia also provide a 'rucksack' (Go-bag) that will carry your tube feed. You can wear this on your back as a normal rucksack, which means you can still be moving around when you are having your tube feed.

WHAT HAPPENS ABOUT PLAYING SPORT?

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 will need to talk to your doctor and nutrition team to make sure they are happy for you to play sports. You can either stop your tube feed while you are playing and start again when you have finished what you are doing, or plan your tube feeds around the sport you wish to play, as long as you have discussed this with your doctor and nutrition team.

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

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

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