

# TUBE FEEDING WITH NUTRICIA CHOICE



# PURPOSE OF THIS GUIDE

Information in this guide provides advice on how to care for your enteral feeding tube, equipment and administer enteral feeds.

Additional advice literature regarding care is available for specific care requirements on request.

It is recommended that you follow the advice given by your managing healthcare professional about the duration and amount of tube feed you need every day, in order to gain the maximum benefit from enteral tube feeding.

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# NUTRICIA CHOICE

Nutricia Choice supports adults and children, their families and carers, when they leave hospital by providing them with training and ongoing support, enabling them to manage their enteral feeding tube.

This welcome pack contains useful contact numbers for the Nutricia Choice team, the Nutricia Choice Enteral Nurse Specialists, and also the emergency support helpline.

# YOUR DETAILS

Name:			
Type of tube and size (FG or Ch):			
Date of placement:			
First date of replacement (if required):			
Type of tube feed and amount:			
Feeding schedule:			
Feed	Volume	Rate	Time

CONTACTS	NAME	TELEPHONE NO.
Hospital Doctor or Nurse:		
Dietitian:		
Nutricia Choice Enteral Nurse Specialist:		
Nutricia Choice team: <small>For orders and deliveries</small>		
Emergency Support Advice Line:		

Contact 111 if you do not feel well, or if the problem is urgent.

# CHECKING & STORING

Products may occasionally be damaged during transit or become contaminated if not stored correctly. Therefore, check and store your feed and equipment carefully.

## ► **Checking your feed**

- Check the name of the feed is the same as that prescribed by the managing healthcare professional/dietitian
- Check the feed is within the expiry date printed on the case and on the individual pack or bottle, check foil seal on feed is intact
- Always gently shake the bottle or Pack before use
- Check the sealed bottle or pack remains intact and that the liquid looks smooth and does not appear to have 'curdled'. If there are signs of curdling, use a different bottle or pack with the same name printed on it. If you have concerns about the feed consistency contact the Nutricia Choice team so that arrangements can be made for the product to be returned or replaced.

## ► **Storing your feed and equipment**

- Feed and equipment need to be kept clean and could be damaged if kept at the wrong temperature
- Store unopened feed and equipment in a cool, dry place
- Avoid placing feed and equipment next to radiators or in direct sunlight
- Remember to rotate your feed supply so that you use the oldest feed first
- Contact the Nutricia Choice team if an uplift of feed or equipment is required.

# SAFE HANDLING



## ► Hand washing

Effective hand washing will reduce the risk of infection.

**Equipment:** soap, a clean dry towel.

1. Remove rings and watches. Wet your hands under running warm water and apply soap to your hands. Rub your palms vigorously together
2. Make sure all skin areas are washed, paying particular attention to finger tips, thumbs, back of hands, wrists and between fingers
3. Rinse thoroughly with warm water to make sure all soap is removed. Always dry hands on a clean towel.

## ► Minimising contamination of feed through safe handling

1. Careful handling of feed and equipment will also reduce bacteria spreading and prevent complications such as vomiting and diarrhoea. Therefore, follow the instructions for minimising contamination of feed through safe handling
2. To lower the risk of contamination, set up equipment using a clean work area. Avoid touching any internal part of the feed container, giving set or feeding tube with your hands. Avoid unnecessary handling of equipment
3. Sterile feeds can be hung for up to 24 hours from opening provided they are handled using a clean technique. Any decanted/poured feeds, or powdered feeds made up with liquid, have a limited hanging time of no more than four hours
4. Feed containers must not be topped up with feed once feeding has started; the total volume must be decanted at the start of the new feed
5. Dispose of any unused feed after the above time periods
6. Change feeding sets every 24 hours, or more frequently if advised by the managing healthcare professional
7. Before disposing of enteral feeding waste products you will need to check with the managing healthcare professional or local hospital that it is acceptable to dispose of them in your normal household rubbish.



## ► **Correct positioning during and following feed**

Positioning yourself correctly and maintaining the correct position during and after enteral feed, will allow the feed to settle in your stomach and help to prevent complications.

1. It is important to position yourself at an angle of  $45^{\circ}$  or greater whilst feeding and for at least one hour after your feeding has stopped
2. If you cannot maintain the  $45^{\circ}$  position you will need to be supported with pillows at a minimum angle of  $30^{\circ}$ . If this is not possible, please discuss with the managing healthcare professional as it is important to maintain this position to prevent complications
3. If you experience any leakage around the stoma (if you have a BGT, Button, PEG or JEJ), pain or discomfort whilst using your feeding tube, stop using the tube immediately and contact the managing healthcare professional immediately for advice
4. In the very rare event that you start to feel short of breath, stop feeding immediately and seek urgent medical advice, or call for an ambulance.

# THE FEEDING TUBE

It is important to check the position of the tube to prevent complications as demonstrated by the training provided by the Nutricia Choice Enteral Nurse Specialist.

To keep your feeding tube in the best condition and to avoid unnecessary replacement of the feeding tube, follow the instructions below.

## ► Prevent tube blockages

Regular care and flushing of the tube will help to prevent the tube becoming blocked.

**Equipment:** a 60ml enteral feeding syringe and water (type and volume as recommended by the managing healthcare professional).

1. Wash hands before and after caring for your tube
2. If you have a nasogastric tube confirm placement via aspiration of stomach contents as demonstrated to you by the managing healthcare professional

**Never administer anything through a nasogastric tube until you are sure it is in the right place. If you are unable to confirm that the tube is in the correct position contact the Nutricia Choice Enteral Nurse Specialist or managing healthcare professional for advice.**



3. Draw up recommended water with an enteral syringe and attach to the feeding tube (first attach extension set to tube if it is a Button)
4. Flush the tube with water, type and volume as recommended by the managing healthcare professional, before and after the administration of feed or medication, or every 4–6 hours if feeding is not in progress (except during the night or as recommended by the managing healthcare professional) to prevent tube blockage (detach extension set post use if it is a Button)
5. If you suspect a **blockage** or you experience resistance when flushing the tube, do not force water into the tube. Do not use the tube and contact the Nutricia Choice Enteral Nurse Specialist immediately.

# MEDICATION

Always follow the advice given by the managing healthcare professional. Administering medication correctly will avoid your feeding tube becoming blocked. Follow instructions below.

**Equipment:** a 60ml enteral syringe, medication and recommended water.

1. Request medication from the managing healthcare professional in a liquid form where possible (if you are administering via the tube)
2. If medication is available only in tablet form, seek advice from the managing healthcare professional
3. Wash hands before and after giving medication
4. Check feeding tube position if applicable (pH must be checked if it is a nasogastric tube)
5. Flush the tube using a 60ml enteral syringe (attach extension set if the tube is a Button) with water as recommended by the managing healthcare professional
6. Administer medication as prescribed by the managing healthcare professional using an enteral syringe
7. Catheter tip syringes must not be used to measure medication
8. If more than one medication is due to be given at the same time flush the tube with water, volume as recommended by the managing healthcare professional, between administration of each medicine
9. Flush the tube using a 60ml enteral syringe with water after administering medication as recommended by the managing healthcare professional (detach extension set if the tube is a Button)
10. Do not administer over the counter medication without first consulting the managing healthcare professional
11. You are advised to contact the managing healthcare professional immediately if there is any reason that your medication or feed needs to be delayed or omitted due to no available enteral or oral route.

## ► Interactions

Interactions between feed and drugs can occur. Always check with the managing healthcare professional before administering any medication via a feeding tube.

Where possible administer prescribed medication during a break in the feeding regimen to minimise this.

The managing healthcare professional will be able to provide you with guidance regarding drug/nutrient interactions. It is important to follow the instructions regarding administration and contact the managing healthcare professional if you have any questions or concerns regarding interactions or side effects.

# DAILY CARE

## ► Mouth care

It is important to maintain oral hygiene if you are being partially or completely enterally fed, which will assist in keeping your mouth, teeth and gums clean and free from infection. The frequency and methods of mouth care will depend on the advice given by the managing healthcare professional.

### **Difficulties managing mouth care**

**If you have a sore mouth, bleeding gums, blistered tongue or mouth, you must contact the managing healthcare professional for advice.**

## ► Skin care

Care of the skin around your tube will reduce irritation and possible infections. For instructions on how to care for the your skin refer to your tube leaflet.

### **Difficulties managing skin care**

**If your skin becomes sore or irritated, contact your nurse or the managing healthcare professional.**

**Avoid using creams as they can damage the tube material and may lead to irritation of the skin and give rise to infection.**

# TUBE FEEDING METHODS

## ▶ Continuous or bolus feeding

Tube feed can be given continuously or in smaller amounts during the day (also called 'bolus feeding'). It will depend on the advice of the managing healthcare professional, your personal situation, the tube position and, where possible, your own preference.

**Continuous pump feeding:** You will receive your tube feed through a continuous drip using a feeding pump.

**Bolus feeding:** You will receive your feed in smaller amounts throughout the day/night using a 60ml enteral syringe or a bolus feeding set.

**Only use the feeding method the managing healthcare professional has advised.**

## ▶ Pump feeding

- The speed of feeding can be programmed into the feeding pump and an alarm will sound when your Pack or bottle is empty or if problems occur
- Ensure your pump and stand are kept clean and in good working order by checking and cleaning as per instruction booklet at regular intervals.

# FEEDING PUMP INSTRUCTIONS

## ► Follow the “Flocare® feeding pump instructions”

**Equipment:** feeding pump, stand (drip, Z, or Go Frame with carry bag), feeding set, 60ml enteral syringe, feed, recommended water.

1. Wash hands before and after operating pump, refer to ‘Minimising Contamination of Feeding Through Safe Handling’
2. Check the label of your feed to make sure you are using the correct product, refer to ‘Checking your feed’
3. Position at 45° during and at least one hour after feed, refer to ‘Comfort and Correct Positioning During and Following Feed’
4. Check feeding tube position prior to administering anything down the tube (pH must be checked if it is a nasogastric tube)
5. Flush the feeding tube using a 60ml enteral syringe containing volume and type of recommended water
6. Prepare and hang feed as demonstrated during training and follow the appropriate pump instructions
7. Program the pump as shown in the relevant pump instruction booklet or pump leaflet
8. If it is a Button then remove extension set once feeding regime complete.

**Please Note:** If the pump alarm sounds refer to the pump troubleshooting guide in the pump instruction booklet or pump leaflet. If the pump continues to alarm contact the Nutricia Choice Enteral Nurse Specialist or emergency support advice line.

## ► Tube feed type

Nutricia Pack and Flocare feeding sets are a safe combination of tube feed and sets, because the method of connecting the set to the feed lowers the chance of bacterial contamination of your tube feed.

**Important Note:** It is important that you contact your Nutricia Choice Enteral Nurse Specialist if you need additional training on the Flocare pump or tube feeding.

# GLOSSARY OF TERMS

Enteral feeding	Being fed into the stomach or intestine
Stoma (tract/hole/site)	A surgically formed opening
Bolus	The proportion of food swallowed at one time
Bolus feeding	Delivery of a feed at a rate prescribed by the prescriber that is gravity assisted
Continuous feeding	Delivery of an enteral formula/feed continuously over a period of 8-24 hours
HCP	Healthcare professional
NBM (nil by mouth)	Withhold oral food and fluids from a patient
JEJ	Jejunostomy
PEG	Percutaneous endoscopic gastrostomy
NG	Nasogastric
BG	Balloon gastrostomy
NJ	Nasojejunal
Gastrointestinal tract	The system by which ingested food is acted upon by physical and chemical means
pH	An index of the concentration of hydrogen ions in a solution