

FACT SHEET 3: QUESTIONS THAT ARE OFTEN ASKED

HOW DO I TAKE MY MEDICINE?

If you are able to eat and drink then you may be able to take all of your medication orally. It is important that you feel confident to do this following the training you have been given. If you are unable to take some or all of your medication orally, then you can have them through your feeding tube. If possible your doctor or pharmacist will give you liquid medicines, as these are absorbed better and less likely to block the tube. If some of the medications you are taking do not come as a liquid your pharmacist will tell you how to prepare them to put them down the tube.

Before and after putting medication down the tube you will need to flush it with water, your healthcare professional will show you how to do this and how much water you need to use.

Your Nutricia Homeward Nurse will be able to help you when you are home if you forget any of the information.

Please make sure you ask lots of questions and let people know if you do not feel able to do this yourself.

CAN I TAKE EXTRA VITAMIN AND MINERAL SUPPLEMENTS?

Always speak to your dietitian before you take any supplements, they will tell you if there is anything you need to take. Many of the tube feeds that you are prescribed by your dietitian will be 'nutritionally complete', which means they provide all the vitamins and minerals you need.

CAN I EAT NORMAL FOODS WHILST BEING TUBE FED?

Your dietitian will talk to you about any foods you are able to eat. They will tell you the types of food and how much you are able to have.

HOW CAN I MAKE TAKING MEDICINE EASIER?

If you have to take any medicines, ask for the sugar-free liquid version.

WHAT ARE THE MOST IMPORTANT THINGS FOR ME TO REMEMBER?

The battery for the pump should last for a whole day, you just need to remember to charge it.

Make sure your feeding tube is secure.

WHAT IF I FEEL FED UP ABOUT HAVING A TUBE?

The reason you now have a feeding tube is to help you have the best quality of life by giving you all the nutrition you need. It's quite normal to feel fed up, you will have had to make some changes since you have had a feeding tube. Make sure you speak to someone and let them know how you feel so they can help. You may prefer to speak with a friend or family member, or a healthcare professional.

You can also talk to your Nutricia Homeward Nurse about your tube and how you are feeling, as well as your dietitian and nutrition team. It is very important people know how you feel so they can make sure you get the help and support from the right professionals to deal with any worries or concerns.

Remember, there are many, many people who have feeding tubes — you are not on your own.



CAN I STILL BRUSH MY TEETH?

Yes, you can. It's really important to brush your teeth and keep them healthy as well as keeping your breath fresh.



I AM A BIT SCARED/WORRIED ABOUT GOING HOME.

Make sure you ask lots of questions so you know what will happen when you get home.

Have all the important telephone numbers for your dietitian, Nutricia Homeward Nurse, and Nutricia Homeward in one place so if you have any questions you know who to phone.

Before you leave hospital make sure you know how much stock you will be getting (tube feed, giving sets, syringes); ask someone to explain what you will need to do to order more when you need it. If you can, see if it's possible to organise the delivery while you are still in hospital - it will make it easier. Try to make sure you understand as much as you can before you go home by asking questions and taking notes of everything that is being said because people tend to forget so much of it.

