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### Your Feeding Plan

Delivery System: \_\_\_\_\_ Formula Preparation: \_\_\_\_\_

Type of Feeding Tube: \_\_\_\_\_

Rinse with \_\_\_\_ ml water every \_\_\_\_ hrs \_\_\_\_\_

Formula: \_\_\_\_\_

Amount Each Feeding: \_\_\_\_\_

Feeding Times: \_\_\_\_\_

### Handling and Caring for Your Supplies

***IMPORTANT: BE SURE TO WASH YOUR HANDS AND DRY THEM ON A CLEAN TOWEL BEFORE HANDLING YOUR SUPPLIES OR TOUCHING YOUR FEEDING TUBE.***

1. Check the expiration dates on all containers, and do not use any item that has expired.
2. Before opening canned formula, rinse the top of the can and the can opener with hot water and dry with a clean towel.
3. Do not use ingredients from damaged containers.
4. When mixing or pouring formula, be careful not to touch the inside of the container or the formula with your fingers.
5. Store any unused opened or prepared formula in the refrigerator and discard after 24 hours or as your nurse instructs you.
6. Cover opened cans of formula with plastic wrap or another cover.

### Troubleshooting Guide

To help decrease the chances of a problem occurring during your home enteral nutrition therapy, be sure to always wash your hands before mixing or preparing

your enteral nutrition formula, and follow the feeding plan and schedule your nurse has listed for you.

Listed below are some of the common problems that could occur during home enteral nutrition therapy and what you can do to alleviate them. Bear in mind that not everyone experiences difficulties or problems with enteral nutrition therapy, and this may be true in your case as well.

### *Diarrhea and/or Cramps*

What To Do:

- Call your nurse if you have five or more liquid stools in one day. He or she may talk to your doctor about changing your administration rate and amount.
- Do not allow formula to sit out at room temperature and throw away formula that has been opened and refrigerated for more than 24 hours.
- Wash your hands before touching your feeding bag tubing or formula.
- Change the feeding bag and tubing as often as your nurse has instructed you.

### *Constipation*

What to do:

- Be sure to take plenty of water or other fluids as your physician or nurse recommends.
- Call your nurse if constipation persists for \_\_\_\_\_ days or more.

### *Nausea and Vomiting*

What to do:

- After removing formula from refrigerator, allow it to come to room temperature before using (do not allow formula to sit out over 6 – 8 hours and throw away opened and refrigerated formula after 24 hours).
- Sit in an upright position during the feeding and remain seated after the feeding for at least 30 minutes.

### *Aspiration or Reflux of Formula From Stomach Into Throat or Lungs*

What to do:

- Elevate shoulders and head to a 30 to 40 degree angle to allow throat muscles to function properly.
- Sit in a recliner type chair or prop yourself up with bed pillows during feeding.

- If prescribed by your physician, use a throat spray containing anesthetic agent.

### *Clogged Feeding Tube*

What to do:

- Gently flush 30 ml of warm water through tube. If unable to do so, try 30 ml of a carbonated beverage. If successful, follow with an additional 30 ml of carbonated beverage.
- Gently flush tube with 50 – 100 ml of warm water every 4 – 8 hours and also after each feeding as approved by your physician and/or nurse.
- If tube remains blocked and will not flush, call your nurse.

### *Dislodged Feeding Tube*

What to do:

- Turn off your feeding.
- Call your nurse for instructions.

### *Thirst and/or Dry Mouth*

What to do:

- Make sure to keep your mouth clean with gentle brushing.
- Moisten lips with petroleum jelly or other lubricant.
- Rinse mouth with warm water or mouthwash at intervals during the