Reaching Your Tube Feeding Goal

You may be sent home before you get to your tube feeding goal, the full amount you will need each day. Your goal is ______ cans each day.

You need to slowly increase the amount of formula given at each feeding to allow your body time to adjust to tube feeding. This is especially true if you have not been able to eat your usual amount of food for a longer period of time.

- Before leaving the hospital, you should be given at least 60 ml of formula through your newly placed feeding tube.
- Your tube feeding formula will be poured into a 60 ml syringe that you connect to your feeding tube unless told otherwise.
- After going home, you need to increase your amount of tube feeding by 60 ml of _________________, or equivalent, every 4 hours until you reach your goal of _____ cans per day or ______ ml at each feeding.
- Flush your tube with _____ ml of water before each feeding.
- Flush your tube with _____ ml of water after each feeding.

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Follow this schedule:

Day 1:
- 60 ml formula given in the hospital the morning you are to go home
- 120 ml formula given 4 hours after your last feeding at ______
- 180 ml formula given at ______
- 240 ml or 1 can of formula given at ______

Day 2:
- 240 ml or 1 can of formula given at your first feeding.
- Continue to increase your tube feeding amount by 60 ml at each feeding (every 4 hours) until you reach your goal. You should be having 4 feedings per day.

If you have any problems with your tube feeding such as nausea, vomiting or diarrhea, go back to the previous amount at the next feeding. Then try again to increase the amount of formula at the following feeding.

If you keep having problems or you are not able to increase your tube feeding to your goal in 72 hours after leaving the hospital, please call your dietitian __________________________ at (614) 293-________ or your doctor.
Common Questions about Home Tube Feedings

Do I have to take my tube feeding at the same time every day?
No, you can set your own feeding schedule to fit your lifestyle. You just need to make sure that you are taking the prescribed number of cans each day. Most often, people take their feedings several hours apart like they would eat their meals.

Why are there so many different tube feeding formulas?
Just like food, tube feeding formulas differ in the amount of nutrition they contain. Your tube feeding formula was prescribed to meet your specific needs. Formulas are packaged differently because they come from different companies. Can size may differ with a range of 238 ml to 250 ml.

A good substitute for your formula is ________________.

Be sure to ask your dietitian, pharmacist or doctor before you substitute any other brand of formula for another or change the amount given.

Is it okay to skip a feeding?
No, if you skip a feeding, you will not give your body the nutrients you need to grow and heal. You should take your prescribed amount of tube feeding every day.

How do I store my tube feeding formula?
Unopened cans should be stored at room temperature. An opened can must be refrigerated and used within 24 hours.

Take the can of formula out of the refrigerator 30 minutes before the feeding so it can warm to room temperature. Cold formula can cause discomfort.

If I have to give myself medicine with my tube feeding, can I count that water in my daily water flushes?
Yes, the water given with your medicines counts toward your daily fluid flushes.