

# Managing Issues While Tube Feeding at Home

## What you can do to manage symptoms

### 1. Diarrhea



Wait 30 to 60 minutes for the cramps or fullness to subside before starting a feeding.



Feed formula more slowly.



Administer only the prescribed volume of formula.



Allow formula to reach room temperature prior to feeding.

### 2. Dehydration



Talk to your healthcare professional about getting extra water after or between feedings.



Ask your healthcare provider if you should change your feeding schedule or formula.

### 3. Constipation



Add more fluids and use the bathroom as soon as you feel the need to go.



Exercise and be as active as possible.



Record the times of your bowel movements and try to establish a daily routine.



Talk to your healthcare provider about whether you should change your medications.

### What you should know about your body adjusting to tube feeding:

- It may take time for your gastrointestinal system to get use to tube feeding at home. Be patient.
- Sometimes, conditions like constipation, dehydration or diarrhea can prevent you from getting proper nutrition while tube feeding.
- Talk to your doctor or nurse if you are experiencing symptoms. Ask for information on Vital®, a tube-feeding formula designed to help manage symptoms of gastrointestinal intolerance.

#### 4. Recognize signs and symptoms associated with intolerance or dehydration:

- Stomach cramps
- Feeling of fullness and/or discomfort
- Increased thirst
- Dry lips
- Small amounts of dark, strong-smelling urine
- Hard stools that are difficult to pass
- Loss of appetite

#### 5. Talk to your doctor or nurse if you have:

- Upset stomach that lasts 24 hours
- Signs of dehydration, including increased thirst or dry lips
- Unusual weakness
- Red, sore or swollen tube site
- Tube clog that you can't flush out with warm water
- Weight loss or gain of more than 2 pounds a week
- Vomiting
- Fever

### Emotionally Adjusting to Tube Feeding:

Getting used to your feeding tube will take time, but it's important to remember that you can still do many of the things you've always enjoyed. With time and patience, tube feeding can become an ordinary part of your day, like reading the paper or getting the mail.



Visit [www.Oley.org](http://www.Oley.org) to read inspiring stories about people who have successfully integrated tube feeding into their lives.

### Additional comments

---

---

---

---

---



Call **1-800-776-OLEY** or visit **[www.Oley.org](http://www.Oley.org)** for more information about tube feeding.