



THE BASICS OF JEJUNOSTOMY TUBE FEEDINGS AT HOME

A jejunostomy tube, also known as a J-tube, is a feeding tube that passes through the abdominal wall and into the jejunum, the midsection of the small intestine.

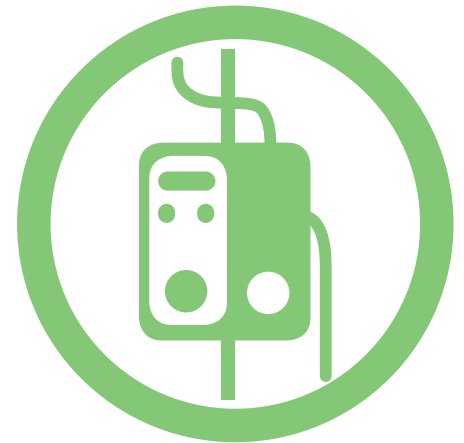
A PUMP DELIVERS J-TUBE FEEDINGS

- Pump feeding is the method used to deliver formula into the small intestine.
- Formula is placed in a feeding container and pumped through the J-tube into your body.
- The pump delivers slow continuous feeding because the small intestine cannot hold as much formula as the stomach.

HOW TO MANAGE J-TUBE FEEDINGS

1. PREPARE:

- **Gather** all equipment and ensure it is clean.
- **Wash** your hands with soap and water.
- **Prepare** the formula; if the formula was refrigerated, let it sit at room temperature for half an hour.
- **Check** your feeding tube position as directed by your health care professional.
- **Flush** your feeding tube with the prescribed amount of water.



2. DELIVER

- **Hang** the feeding container about 60 cm (2 feet) above and to the side of your feeding tube.
- **Connect** the feeding set to the pump.
- **Remove** the cap from the end of the feeding set.
- **Prime** the feeding set.
 - **Open** the roller clamp and let the formula flow until it comes out the end of the tube.
 - **Close** the roller clamp.
- **Choose** a safe, comfortable position (sitting up in a chair, a bed, or on a couch).
- **Insert** the tip of the feeding set into your feeding tube.
- **Reopen** the roller clamp.
- **Turn on** the pump and set the feeding rate according to your feeding plan (refer to the manufacturer's instructions).
- **Start** the pump.
- When the feeding is complete, **close** the roller clamp and stop the pump.
- If your health care professional has told you to take extra water after feedings:
 - **Pour** the prescribed amount into the feeding container.
 - **Start** the pump.
 - When the water is finished, **close** the roller clamp and stop the pump.



Call your health care professional if you experience:

- Vomiting
- Blood in or around your feeding tube
- Formula or stomach contents leaking around the tube site (stoma)
- Red, sore, or swollen tube site (stoma)
- Feeding tube clog that you cannot flush out with warm water
- Unusual, excessive, or foul-smelling drainage from the tube site (stoma)

Name of health care professional: _____

Phone: _____

Email: _____

Patient plan: _____
