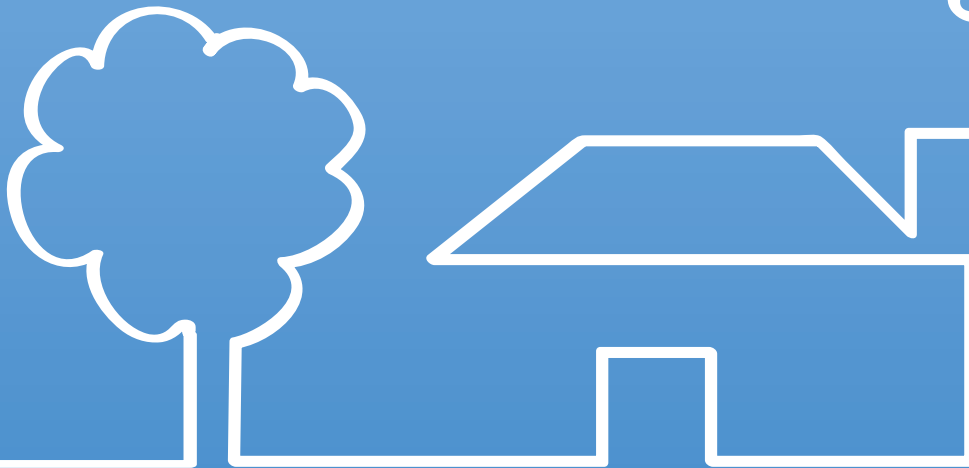




a smooth transition

home



contents



hospital to home

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contact numbers

ABBOTT HOSPITAL TO HOME HELPLINE:

Freephone: 1800 22 11 66

Email: h2h@abbott.com

IMPORTANT NUMBERS:

Dietitian:.....

GP:.....

Pharmacy:.....

Public Health Nurse:.....

Abbott Representative:.....

Other:.....

WHY DO YOU NEED A TUBE FEED?

Good nutrition is an important factor that contributes to your health.

Receiving nutrition through a feeding tube will take some time to get used to, but it is important to remember that you can still enjoy many of the things you have always enjoyed.

Tube feeding is given when you cannot eat or drink enough to provide adequate nutrition for the body. With time and patience, tube feeding will become as ordinary as reading the paper or collecting the post.

This booklet is designed to help you and your family/carer(s) understand how to tube feed effectively.

HOSPITAL TO HOME: WE'RE HERE TO HELP

Abbott Hospital to Home, established in 1998, is a service for healthcare professionals, carers and patients to ease the transition from hospital to home and provide ongoing back up and support.

NOTE

This booklet is not intended to replace the advice from your Dietitian or other healthcare professional.

Q: What support is there for me when feeding at home?

A: Help is available from your Dietitian, Public Health Nurse, Pharmacy, GP and the Abbott Hospital to Home Helpline should you require it. **FREEPHONE: 1800 22 11 66**

Q: Is there a helpline and if so, when is it open?

A: Yes, the Hospital to Home service operates a helpline (**1800 22 11 66**). It is a freephone number and is open from 9.30am to 5.30pm, excluding Bank Holidays.

You can also contact Hospital to Home by email at h2h@abbott.com

For pump-related emergencies outside normal business hours, please dial the freephone number and listen for the 24 hour out of hours/emergency number provided. In a medical emergency, please contact your Dietitian, Public Health Nurse, Pharmacist or GP.

Q: What happens if I want to go on holiday?

A: If you are going on holiday, Abbott's Hospital to Home service can advise you about the various options available to support you while tube feeding away from home. In some cases, Abbott can help transport your feed to many popular holiday destinations. For short trips (less than one week duration) or some destinations (e.g. USA), it may be advisable to bring your feed and equipment with you on the flight, due to customs regulations or possible delays.

For advice and support, please contact the Hospital to Home service at least four to six weeks in advance of your departure, to ensure sufficient time to make any arrangements necessary. Call **1800 22 11 66** or email h2h@abbott.com.

PRESCRIPTIONS: FREQUENTLY ASKED QUESTIONS

Q: Where does the prescription for my feed come from?

A: Your GP/hospital doctor will write your prescription based on the advice of your Dietitian.

Q: When should I arrange my next prescription?

A: Your prescription is for 28 days. You should get a repeat prescription from your GP/hospital doctor every 28 days. Always remember to bring the prescription to your local pharmacy. It is advisable to get your next prescription at least 7 days before you run out of feed.

Q: Where do I get my giving sets and syringes?

A: When leaving the hospital, your Dietitian will arrange an order for giving sets, syringes and flexitainers (if required) with your local health centre or local pharmacy. When you have 7 days supply left, contact your local health centre or local pharmacy to re-order more giving sets and syringes.

notes

tube feeding plan

your feeding equipment & feeding regimen




FEEDING METHOD

Route of Feeding Nasoenteric (e.g. NG/NJ/ND) **or** Gastrostomy (e.g. PEG/RIG)
 Jejunostomy (e.g. PEJ/JEJ/RIJ)

FEEDING TUBE

Type of feeding tube:
 French size: Date of insertion:
 Balloon volume (if balloon present):

EQUIPMENT

Pump	<input type="radio"/> FreeGo (S400) 	
Giving Sets <small>(order codes)</small>	FreeGo <input type="radio"/> Enfit Giving Set (S790-B17)	
Backpacks <small>(order codes)</small>	FreeGo Adult <input type="radio"/> Black (S840) FreeGo Paediatric <input type="radio"/> Black (S404)	
Dripstand <small>(order codes)</small>	<input type="radio"/> Dripstand (S407)	
Flexitainers <small>(if applicable)</small> <small>(order codes)</small>	<input type="radio"/> 1000ml (M240)	<input type="radio"/> 500ml (M241)
Syringe	Type: Volume:	

bolus feeding

your feeding equipment & feeding regimen



FEEDING METHOD

Route of Feeding Nasoenteric (e.g. NG) or Gastrostomy (e.g. PEG/RIG)

FEEDING TUBE

Type of feeding tube:
French size: Date of insertion:
Balloon volume (if balloon present):

FEEDING EQUIPMENT

Syringe type: Syringe volume:

FEEDING REGIMEN

Name of feed(s):
.....
Total amount of feed per day (dose):
Total amount of water per day*:

BOLUS FEEDING

Name of feed	Volume	Time
.....
.....
.....
.....
.....
.....
.....
.....

Flush the feeding tube with (ml) of sterile/cooled boiled water* before and after every feed & medication administered

Additional notes:
.....

* Type of water as advised by your Dietitian

notes

NASOENTERIC TUBE

A nasoenteric tube is a general term for a feeding tube that enters the body through the nose ("naso") and its tip lies in the stomach or intestine. It is an alternative way of feeding in those people who are unable to take adequate food, water and medicines by mouth to help maintain good health.

When the tube tip is in the stomach it is called a nasogastric (NG) tube. For some people the tube is passed into the top of the small intestine called nasoduodenal (ND) feeding, or into the second part of the small intestine called nasojejunal (NJ) feeding.

GASTROSTOMY TUBE

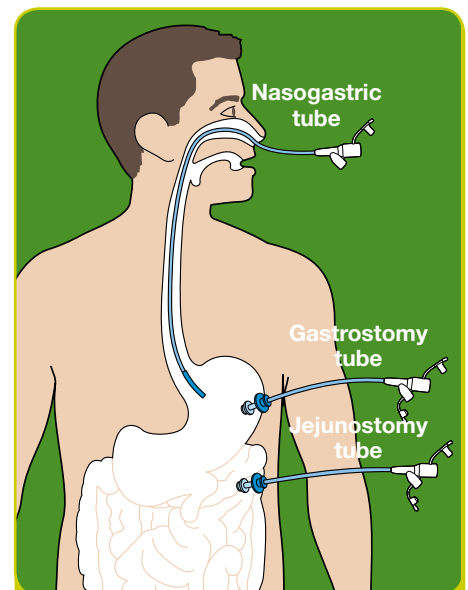
A gastrostomy tube is a feeding tube that is placed directly through your abdominal wall into your stomach to give you the food, water and medicines that you need. The gastrostomy feeding tube can be secured by a balloon or spongy bumper on the inside of the stomach and a firm fixation device or skin disc on the outside.

Most gastrostomy tubes are inserted by the Percutaneous Endoscopic Gastrostomy (PEG) technique. They can also be inserted surgically or under radiological guidance. Those gastrostomy tubes inserted radiologically are known as Radiologically Inserted Gastrostomy (RIG) tubes.

JEJUNOSTOMY TUBE

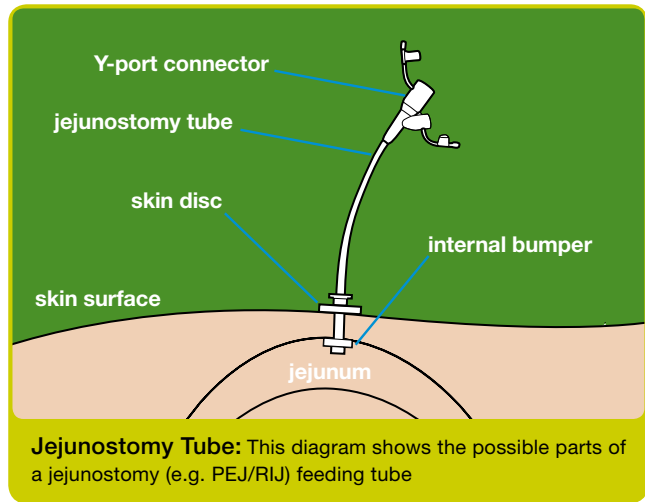
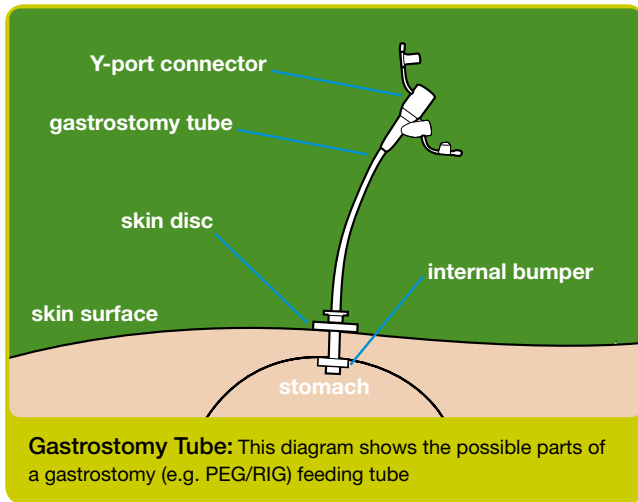
Feeding tubes can also be placed into the jejunum (a section of the small intestine), using a jejunostomy tube.

Jejunostomy tubes can be inserted surgically (JEJ), under endoscopy (PEJ) or can be inserted under radiological guidance (RIJ).



This diagram shows the position of a nasogastric, gastrostomy and jejunostomy tube after being inserted.

care of your tube



NOTE

Your feeding tube may look different to the above images. Your Dietitian will explain the various parts on your own feeding tube.

CARING FOR YOUR FEEDING TUBE

Nothing should be given through your feeding tube except:

- water* (sterile/cooled boiled)
- feed
- medication

Abbott Nutrition manufactures your FreeGo giving sets. For any queries on your feeding tube, please consult your healthcare professional.

WHAT DO I NEED TO DO?

Wash and dry your hands thoroughly and clean the table you will be putting the equipment on.

Equipment required:

Pump Feeding

- Feed
- Giving set
- Pump
- Syringe
- Sterile/cooled boiled water* for flushing
- Dripstand
- Flexitainers (if decanting/pouring feed)

CHECKING RESIDUALS

If you have a gastrostomy tube, your Dietitian may instruct you to check the residual before feeding and show you how to do this.

Residuals are the amount of remaining feed in the stomach after the last feed. Checking the residual is an easy way to make sure that the stomach is emptying after each feed.

If you have an upset stomach or continuously feel full, seek advice from your Dietitian, Public Health Nurse, Pharmacist, or GP.

If you have a jejunostomy tube in place you **should not** check residuals.



Wash your hands with soap and water, rinsing and drying them thoroughly before feeding.

NOTE

Store any unused feed or sterile/cooled boiled water in the refrigerator and use within 24 hours.

Remember to allow feed or sterile/cooled boiled water to reach room temperature before use.

ALWAYS USE A NEW GIVING SET AND BOTTLE OF FEED EVERY 24 HOURS.

* Type of water as advised by your Dietitian

preparing to feed

FLUSHING YOUR FEEDING TUBE (PUMP FEEDING)

Always remember to flush your feeding tube before and after each feed and medication administered. If you need to flush the feeding tube during feeding, clamp off the giving set, switch the feeding pump to the "HOLD" position (if used) and disconnect the giving set from your feeding tube. When flushing your feeding tube or bolus feeding, please follow the advice given to you by your healthcare professional.

If your feeding tube is blocked or broken, contact your GP or Public Health Nurse as soon as possible.

If your tube comes out, you should go to the A&E department of your nearest hospital. Bring your spare gastrostomy tube or button with you.

NOTE: Remember to always follow your Dietitian's instructions regarding the amount and frequency of flushes required.

NOTE

Flushing your feeding tube regularly with water* helps to prevent it from clogging and causing blockages.

CAUTION

Never syringe water or feed using excessive force. No resistance should be felt.

* This advice may differ slightly from what your healthcare professional recommends. Therefore, please follow the advice of your Dietitian or healthcare professional. Type of water as advised by your Dietitian

Abbott Nutrition manufactures your FreeGo giving sets. For any queries on your feeding tube, please consult your healthcare professional.

pump feeding

starting to feed



hospital to home

PUMP FEEDING



Wash and dry your hands thoroughly



Check the expiry date on your feed



Open the giving set



Shake the feed container gently before opening



Unscrew the protective white cap, taking care not to touch the foil lid



Do not touch foil lid with your fingers, and do not pierce it with scissors



Screw the cap of the giving set securely onto the feed container. The built-in foil cutter will pierce the foil lid automatically



Hang the container upside-down from the hook on the drip stand

PRIME YOUR GIVING SET

Now you need to prime your giving set. For instructions on how to do this, please refer to your pump instruction booklet.

BEGIN TO FEED

Switch on the pump and follow the advice of your healthcare professional and/or instructions from the pump user manual.

GETTING COMFORTABLE

It is best for you to be in an upright position while feeding.

Ensure your head and shoulders are raised to an angle of 30 to 45 degrees during feeding and for at least 60 minutes after feeding.

CAUTION

Do not top up flexitainers with feed.

Feed decanted into a flexitainer should be used within 8 hours.

Once opened, unused product should be resealed and stored in a refrigerator.

About one hour before you are ready to re-commence feeding, take the giving set and bottle of feed out of the refrigerator to allow the feed to reach room temperature before feeding.

Discard any unused feed and its container after 24 hours.

pump feeding

starting to feed

POWDER OR DECANTED FEED

- If using a powder feed, mix the powder as instructed by your Dietitian.
- If decanting feed, make sure you clean the top of the container with an alcohol wipe before pouring into a flexitainer.
- NOTE: For guidance on hang times for decanted or reconstituted feeds please follow the advice of your Dietitian or healthcare professional.

do's & don'ts of medications

Some medication can be taken safely through your feeding tube by following these simple rules:

DO:

- ✓ If a tablet must be crushed, be sure to crush it into a fine powder and mix it well in sterile/cooled boiled water.*
- ✓ Clear the feeding tube by flushing it with sterile/cooled boiled water before and after administration of medications as well as in between each different medication administered.

DON'T:

- ✗ Patients should not make any additions to the feed without consulting their Pharmacist or Dietitian.

CAUTION

Be sure to check with your pharmacist before administering medication. Find out if:

- **The medications come in a liquid form**
- **The tablet can be crushed**
- **The medication should be taken on an empty or full stomach**
- **The medication is suitable for administration into the small bowel if you have a jejunostomy tube.**

YOUR PERSONAL ORAL HYGIENE ROUTINE

Even though you may not be eating and drinking, you will still need to keep your mouth and teeth clean. It is important to follow the advice of your healthcare professional.

- Brush all the surfaces of your teeth, gums and tongue at least twice a day, using a regular toothpaste and toothbrush. This helps to prevent infection.
- To freshen breath and cleanse the mouth, you can use a mouthwash.
- To moisten the lips, use a moisturising cream or lip balm.
- If you have any concerns about your oral hygiene, please contact your dentist.



Oral hygiene: daily routine

GENERAL CARE QUESTIONS

Q: If I am not using the feeding tube, what care does it need?

A: Flush the feeding tube daily (at least once per day) with sterile/cooled boiled water*.

Q: What support is there for me when feeding at home?

A: Help is available from your Hospital, Public Health Nurse, Pharmacy, GP, Dietitian and the Abbott Hospital to Home Helpline (**1800 22 11 66**) should you require it. Always seek advice if you are unsure about any aspect of your feeding.

SITE INFECTION

If you suspect your stoma site may be infected, contact your Public Health Nurse, GP or Dietitian to seek advice.

UNBLOCKING THE FEEDING TUBE

If your feeding tube is blocked, contact your GP, Dietitian or Public Health Nurse to seek advice.

Abbott Nutrition manufactures your FreeGo giving sets. For any queries on your feeding tube, please consult your healthcare professional.

* Type of water as advised by your Dietitian

problem solving

MOVEMENT OF YOUR FEEDING TUBE

If you have any concerns regarding the movement of your feeding tube contact your GP, Dietitian or Public Health Nurse to seek advice.

LEAKAGE AROUND THE STOMA SITE

If you notice leakage around the stoma site, please seek advice from your healthcare professional and/or feeding tube manufacturers.

BACK PRESSURE

If you experience back pressure, contact your GP, Public Health Nurse or Dietitian to seek advice.

VOMITING

If you experience vomiting, contact your GP, Public Health Nurse or Dietitian to seek advice.

DIARRHOEA

Check that hands and equipment are clean when setting up a feed. If diarrhoea persists for more than 24 hours, contact your GP, Public Health Nurse or Dietitian.

CONSTIPATION

If you become constipated while on tube feeding, ensure you are receiving adequate fluid - check with your Dietitian. If the constipation persists, contact your GP, Public Health Nurse or Dietitian.

NOTE

NEVER use excessive force to unblock a feeding tube

Abbott Nutrition manufactures your FreeGo giving sets. For any queries on your feeding tube, please consult your healthcare professional.

GIVING SETS, SYRINGES AND FLEXITAINERS

Q: How do I obtain my feed and equipment at home?

A: If you have a Medical Card your feed comes from your pharmacy and the giving sets, syringes, flexitainers and sterile water are either arranged by your local Public Health Nurse or come from your local pharmacy*. You will need to get a prescription from your GP/hospital doctor every month for your feed. You will need to contact your appliances office or Public Health Nurse who will advise you how to obtain the giving set adaptors (if required), syringes and flexitainers.

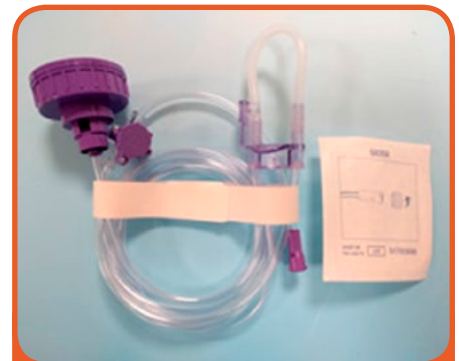
If you don't have a medical card but have a Drugs Payment Scheme (DPS) card your feed, giving sets, syringes, flexitainers and sterile water are available from your local pharmacy*. You will need to get a prescription from your GP/hospital doctor every month for your feed.

If you have a Long Term Illness (LTI) Card your feed, giving sets, syringes, flexitainers and sterile water are available from your local pharmacy. You will need to get a prescription for your feed, giving sets, syringes and flexitainers from your GP/hospital doctor every month.

* This may differ in some areas of the country, your Public Health Nurse will advise you on how it works in your area.

NOTE

Contact your GP, Public Health Nurse or Pharmacist at least 7 days before you run out of feed, giving sets, flexitainers or syringes.



Giving set



Flexitainer

your feed & equipment



Q: How often do I need to change the giving set?

A: Every 24 hours – unless advised to do so more frequently by the Dietitian, Public Health Nurse or GP.

Q: What is the small tap on the side of the giving set used for?

A: This tap can be used for flushing medication.

Q: What should I do with the used giving set and feed container once I have finished with them?

A: Used giving sets and feed containers can be rinsed and discarded with your recycling or household waste.

Q: How often should my feeding tube be changed?

A: There are many different types of feeding tubes available. Recommendations for changing tubes vary greatly. It is advisable to check with your healthcare professional when you may need to have a new tube placed.

Q: If my giving set does not fit my feeding tube, who should I contact?

A: Contact your Dietitian or Public Health Nurse for advice. You can also call the Abbott Hospital to Home helpline on freephone 1800 22 11 66.

FEED STORAGE

Q: How do I store my feed?

A: Store unopened at room temperature. Avoid prolonged exposure to light. Once opened, unused product should be resealed and stored in a refrigerator. When ready to re-use bring feed back up to room temperature.

Q: How long will the feed last once it has been opened?

A: Once the feed is opened, unused contents should be discarded after 24 hours. For decanted or reconstituted feeds, please follow the advice of your Dietitian or healthcare professional.

Q: If unopened how long will my feed last?

A: Check the expiry date clearly marked on the bottle.

Q: What should I do if I don't use all the feed in one go?

A: It may be that you do not need to use all the feed – your Dietitian will have informed you how much you need each day.

If you are having small quantities of feed at several intervals throughout the day (known as bolus feeding), then screw the cap back on the bottle and store the feed in the refrigerator and use within 24 hours of opening. Ensure the feed is allowed to reach room temperature before use.



your equipment & supplies

NOTE

When you receive a new pump, you will need to plug it in to initially charge the battery. This may sometimes take up to 30 mins before the pump can operate.

Q: What do I do if I want a short break in feeding when on pump feeding?

A: If your break is to be less than an hour, disconnect the giving set from your feeding tube, but leave the giving set connected to the bottle of feed. Flush your feeding tube thoroughly with water.

If your break is longer than one hour, disconnect the giving set from your feeding tube, but leave the giving set connected to the bottle of feed. Flush your feeding tube thoroughly with water. Place the bottle of feed and giving set in a clean area of the refrigerator. About one hour before you are ready to re-commence feeding, take the giving set and bottle of feed out of the refrigerator to allow the feed to reach room temperature before feeding.

PUMP

Q: What should I do if my pump stops working?

A: Follow the troubleshooting advice in the pump instruction booklet. If the pump is still not working, contact the Hospital to Home 24-hour helpline on **1800 22 11 66**, who will be able to assist you or arrange a replacement pump for you.

Q: How high off the ground does the pump need to be?

A: Since the pump is mechanical and pushes the feed through the giving set, it will operate at ground level if necessary. However, it is recommended to attach the pump to a drip stand, which is placed on the bedside locker at shoulder height.

Q: Does the pump have a battery and how long does it last?

A: Yes, the FreeGo pump has a battery, which will last 24 hours, if fully charged (approximate):*

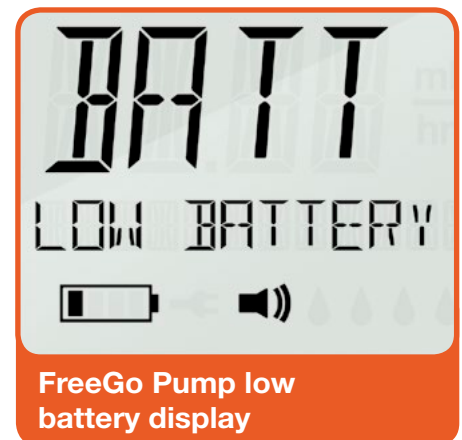
*This time is based on a rate of 125ml/hr

Q: Is the battery rechargeable?

A: Yes. However, while you are not moving around the house, we recommend the pump is kept plugged into the mains electricity to ensure that the battery is fully charged in case of a power failure.

Q: How long does it take to charge the battery fully?

A: As soon as the LOW BATTERY display appears, the pump should be connected to the mains electricity. The battery charges fully in approximately 6 hours.



your equipment & supplies

NOTE

Please do not return your pump to the hospital. Pumps MUST be returned by contacting Abbott Hospital to Home on Freephone 1800 2211 66.

Q: How do I clean the pump?

A: Wipe the FreeGo pump carefully and thoroughly with a soft damp cloth and warm soapy water. The pump is water resistant and can be rinsed under running water. Ensure that the pump is thoroughly dried after cleaning. **DO NOT IMMERSE THE FREEGO PUMP IN WATER.**

Q: What should I do with my pump when I no longer need it?

A: Call the Hospital to Home helpline on **1800 22 11 66** or email h2h@abbott.com and the patient support coordinators will arrange for the pump to be picked up from you.



FreeGo Pump



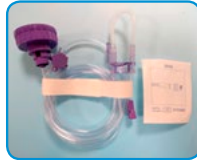
PUMPS

FreeGo



FreeGo

GIVING SETS



S790-B17
Pack size 30
Description:
FreeGo ENFIT
Giving Set

PUMP SPECIFIC ACCESSORIES



S840
Description:
FreeGo Adult
Backpack
Black S840



S414
Description:
FreeGo
Replacement AC
Adaptor Charger



S407
Description:
FreeGo Dripstand



S404
Description:
FreeGo Paediatric
Backpack
Black S404



S406
Description:
FreeGo Standard
Pole Clamp



S534
Description:
FreeGo extension
accessory cable

S413
Description:
12V Car Charger

accessories & order codes

UNIVERSAL ACCESSORIES

OTHER

FLEXITAINERS

**M240****Pack size** 30**Description:**

Flexitainer 1000ml

**M241****Pack size** 30**Description:**

Flexitainer 500ml

**800A01****Pack size:** 1**Description:**Bottle Hanger for
Recloseable Plastic
Bottle

The following terms will help you to better understand tube feeding.

Aspiration

Aspiration is the entrance of any material, including feed, into the airway.

Bolus Feeding

Feeding method in which the feed flows from a syringe into the feeding tube.

Constipation

Bowel movements (stools) that occur infrequently and are very hard and sometimes painful to pass.

Diarrhoea

Frequent loose, watery bowel movements (stools).

Endoscopy

A method of looking inside the body using a flexible tube that has a small camera on the end of it. This instrument is called an endoscope.

Feeding Pump

A small machine, plug-in or battery-operated, that controls the amount of feed you receive.

Feeding Tube

Tube through which feed, water, medication and other fluids goes into the body.

Flexitainer (plastics)

An empty feed bottle which you can pour feed or water into.

Giving Sets

Tubing that goes from the feeding container via the pump, to the feeding tube.

Jejunum

The second portion of the small intestine.

Nasoduodenal (ND) Tube

A tube inserted through the nose into the duodenum for short-term enteral feeding.

glossary of medical terms

Nasogastric (NG) Tube

A tube that carries fluid to the stomach through the nose.

Nasojejunal (NJ) Tube

A tube passed through the nose into the jejunum for enteral feeding.

Nutrients

A food substance that provides energy or is necessary for growth and repair. Examples of nutrients are vitamins, minerals, carbohydrates, fats and protein.

Percutaneous Endoscopic Gastrostomy (PEG) Tube

A type of feeding tube, that goes directly into the stomach through the skin. The PEG tube is placed under endoscopy.

Percutaneous Endoscopic Jejunostomy (PEJ) Tube

A feeding tube that extends into the small intestine by passing a jejunal extension through the PEG tube and into the jejunum.

Pump Feeding

Feeding method in which a mechanical pump moves feed, water and medications through the feeding tube.

Radiologically Inserted Gastrostomy (RIG) Tube

A type of feeding tube that is placed in the stomach under radiological guidance.

Radiologically Inserted Jejunostomy (RIJ) Tube

A type of feeding tube that is placed in the jejunum under radiological guidance.

Stoma

Opening in the abdominal wall, which is used for drainage or enteral feeding.

Surgical Jejunostomy (JEJ)

A type of feeding tube that is surgically placed directly into the jejunum.

Tube Feed Products

Tube feeds are a type of liquid nutrition, used by adults and children who cannot meet their nutritional needs from food and/or nutritional drinks taken by mouth.



hospital to home

We're here to help...

1800 22 11 66

h2h@abbott.com



References available on request

Abbott Nutrition, Abbott Laboratories Ireland Ltd., Block B, Liffey Valley Office Campus, Quarryvale, Dublin 22, D22 X0Y3

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 **Abbott**
Nutrition