



It's Good To Be Home

As you or your loved one adjusts to being home again, know that we're here for you. We want to help you understand how to manage your tube feeding and make sure you get the nourishment you need.

To meet your nutritional needs, your doctor has prescribed home enteral nutrition — commonly known as home tube feeding. Enteral nutrition means that a liquid, nutrient-rich formula flows gently through a tube into your stomach or intestine.

Enteral nutrition is very important when you are not able to eat or digest food normally. Just like regular food, your tube feeding will provide calories and essential nutrients, such as protein, carbohydrates, fats, vitamins and minerals, to help you heal and maintain good health.

The Location of Your Feeding Tube

There are several different locations where a feeding tube may be placed. Each of these locations allows the nutrients in the formula to be used by your body just as if you were eating a regular meal.

■ **Nasogastric (or NG Tube)**

The feeding tube passes through the nose, down the throat and esophagus and ends in the stomach.

■ **Nasointestinal (or NI Tube)**

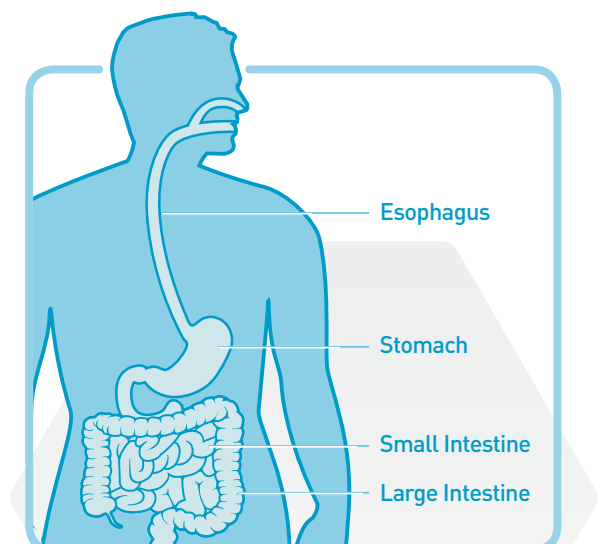
The feeding tube passes through the nose, throat and esophagus, continues through the stomach, and ends in the first section of the small intestine.

■ **Gastrostomy (or G Tube)**

The feeding tube is inserted directly into the stomach.

■ **Jejunostomy (or J Tube)**

The feeding tube is surgically inserted into the jejunum—the middle section of the small intestine.





Making your home tube feeding a pleasant experience

The transition to home tube feeding requires some adjustments and there are ways to make them easier. For example, talking to friends and family about your tube feeding may make you more comfortable with the transition. Or, consider scheduling your feedings during family meal time. If you choose to administer your feedings at other times, be sure to continue to engage in family and other social activities. The adjustment may require time and patience, but soon it will become a routine.

Tube Feeding Resources

The following resources provide additional information regarding home tube feeding:

■ **Oley Foundation**

The Oley Foundation is a national, non-profit organization that provides information and emotional support to individuals and caregivers receiving tube feeding. www.oley.org

■ **CaringBridge**

CaringBridge provides websites that connect people experiencing a major health issue to family and friends making the health journey easier. www.caringbridge.org

■ **Tube Feeding Awareness**

A group of parents who are raising infants and children with feeding tubes who want to share their experiences along the way in addition to raising awareness of tube feeding. www.feedingtubeawareness.com

■ **ParENTalk™**

This website provides resources and support, including instructional videos, for parents caring for a tube fed child. www.parentalk.com

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This information is for educational purposes only and is not intended as a substitute for medical advice.