

## *It's good to be home*

As you or your loved one adjusts to being home, know that we're here for you. With these easy-to-follow instructions you will understand how to manage your nutritional requirements and make sure you get the nourishment you need to grow, and thrive.

To meet your nutritional needs, your doctor has prescribed home enteral nutrition—commonly known as home tube feeding. Enteral is another word for stomach and intestines. Enteral nutrition means that a liquid, nutrient-rich formula flows gently through a special 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 the essential nutrients—calories, protein, carbohydrates, fats, vitamins and minerals.

## *Making your home tube feeding a pleasant experience*

**The transition to home tube feeding requires time and patience. There are ways to make the adjustment easier.**

For example, family and friends can play an important part in easing your transition. Talk to friends and family about your tube feeding. Ask your healthcare provider to help you arrange your feeding schedule so you take your tube feeding during family meals. If you choose to take your feedings in private, be sure to also engage in family and social activities. The support of loved ones and caregivers can be a big help during this period of change.

## *The Location of Your Feeding Tube*

There are several different locations, or routes, through which a feeding tube is placed to deliver the formula. Each of these routes 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 (may be referred to as nasoduodenal or nasojejunal).** 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 (G-Tube).** The feeding tube is inserted through the skin directly into the stomach.
- Jejunostomy (J-Tube).** The feeding tube is surgically inserted into the jejunum – the middle section of the small intestine.
- Gastrojejunostomy (GJ-Tube).** The feeding tube is surgically inserted into the stomach but will feed into the jejunum. The “G” portion can be used to vent, drain, or suction the stomach and the “J” portion can be used for feeding.

