

# The Basics of J-Tube Feedings

## How to manage J-tube feedings:

### 1 PREPARE

- **Prepare** the formula.
- **Check** the tube position (ask your healthcare provider how often).
- **Flush** the feeding tube with prescribed amount of water.

### 2 DELIVER



- **Hang** the filled feeding container or place it in an ambulatory carrier.
- **Connect** the feeding set to the pump.
- **Remove** the cap from the end of the feeding set.
  - If your feeding set has a clamp, **open** it completely.
- **Prime** the feeding set.
- **Choose** a safe, comfortable position (sitting up in a chair, propped up in a bed or on a couch).
- **Insert** the tip of the feeding set into the feeding tube.
- **Turn** on the pump and set the flow rate (refer to manufacturer's instructions).
- **Start** the pump.
- After the feeding container is empty or the dose has been fed, **stop** the pump and flush the tube.
- If your healthcare provider has told you to take extra water after feedings:
  - **Pour** the prescribed amount into the syringe.
  - **Start** the pump.
  - When the water is gone, **stop** the pump.

## 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.

### 3 Check tube placement

- If your J-tube is kept in place with a skin disk, make sure it is not tight against the skin.
- Check its position using the markings on the tube
- If your J-tube is sutured in place, make sure the sutures are intact.
- If the tube has moved or has come out, do not use it. Go to the emergency room and take the tube with you.

### 4 Call your doctor or nurse if you experience:

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

## 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 \_\_\_\_\_

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