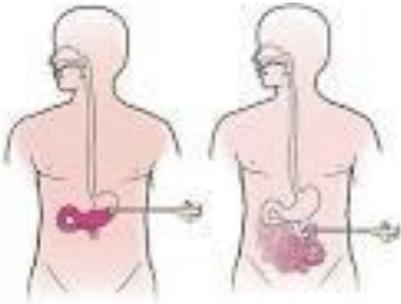




Patient Name: _____



Patient Teaching Guide for Enteral Care and Feedings

Your doctor has placed a tube through your abdomen to help you take in nutrition and medicine that can no longer be taken by mouth. If the tube goes directly into your stomach it is called a Gastrostomy tube or G tube for short. If the tube goes directly into your small intestines it is called a Jejunostomy tube or “J-Tube” for short.

I have a: _____ tube.

Daily Site Care:

- **Wash** the tube site with soap and water every day. Rinse and dry well. **Do not** use lotions or ointments unless ordered. Rotate the tube daily to prevent irritation to the site. Ask your doctor if it is okay to shower. **Do not** put a dressing under the “bumper” or tube. You may use a swab or gauze pad to clean around the insertion site and underneath the bumper. Follow-up with your doctor regarding any specific site care orders.
- **Check for infection:** Observe the site daily for any signs of infection: heat, redness, pus-like drainage, or pain. Take your temperature every day at the same time. Any temperature over 100.4 F should be reported to the doctor.
- **Check for position:** Observe the site daily to make sure the tube is staying in place. Some G Tubes and J Tubes have marks on the tube that help to check its placement. Check with your doctor for specific instructions on measuring the tube.
- **Secure:** Keep the catheter secured so that it doesn't get pulled by clothing or bed linens.

Special Instructions from your doctor: _____

Mouth Care:

- Be sure that proper mouth care is done at least twice per day if you are not allowed to eat or drink by mouth

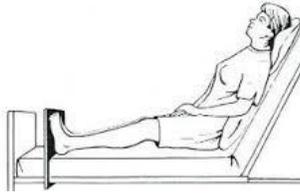
For your Safety:

- **Trace:** If you have more than one type of tube in your body, always trace your connection to make sure that you are attaching to the correct tube.
- Never use any dye or added colors to the nutritional formula. These can stain the tube.



Patient Name: _____

- **Elevate:** Sit upright during and 30-60 minutes after all feedings. **Do not lie flat.**



- **Cleanse:** Wash your hands, work area, and supplies after each use. Use a new feed bag each day.
- **Storage:** Open food should be covered and refrigerated. They are good for up to 24 hours.

Troubleshooting:

Leakage at site:

- Your doctor may have you check the water in the balloon weekly. Contact your doctor for instructions for adding water to the balloon if appropriate.
- Protective cream or foam dressing may need to be ordered. Follow-up with your doctor for further instructions
- Check placement of tube as per your doctor's instructions

Special instructions from your doctor: _____

G tube clogged

- Slowly push/pull only warm water into the tube with a 10ml syringe. If it does not unclog, contact your doctor

Call Your Nurse or Doctor: _____

- If you have any signs of infection
- If you are constipated or have diarrhea
- If you have nausea or vomiting
- If you have abdominal pain
- If there is leakage around your catheter
- If your catheter comes out

Medication through your Catheter:

Whenever possible, medications given through your catheter should be in liquid form. However, not all medications come in liquid form. Some pills and capsules **must not be crushed**. Your nurse or pharmacist will instruct you on which medications may be crushed and dissolved in water. If you are unsure about your medications, you can also go on the internet to see if the medication can be crushed: ISMP (Institute for Safe Management Practice) <http://www.ismp.org/tools/donotcrush.pdf>

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