



Questions To Ask Your Provider About Your Tube Feeding

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Before Placement

General Information

- What type of feeding tube will I receive (e.g., NG, G-tube, J-tube), and why is this type best for me?
- Are there options for brands, shapes, or styles and are the differences?
- May I have the packaging and written instructions for my tube?
- Is this tube temporary or permanent, and how long is it expected to stay in place?
- How is my tube held in place and are there tips for securing it?
- Who can talk to me about what it will feel like to have a tube?

The Procedure

- What are the risks and benefits of this procedure and having a feeding tube?
- Are there alternative treatments I should consider?
- How will the tube be placed (endoscopic, surgical, or radiologic), and what should I expect during the procedure?
- Will anesthesia or sedation be used?
- How long will the procedure take, and how soon will I start tube feeding?
- What preparation, such as fasting, is required before the procedure?
- How much recovery time should I expect before resuming normal activities?
- Will there be restrictions on activities or daily routines?
- What costs are covered by insurance, and are there resources if issues arise?

After Placement

Diet and Nutrition

- What formula or type of nutrition will I need, and how is it decided?
- Can I still eat or drink by mouth? Are there restrictions?
- Who will guide me through the first feeding, and when will it start?

Medications

- How should I take medications with the feeding tube?
- Can all medications be crushed or given through the tube?
- Are there medications to avoid?

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- Will I be shown how to administer and flush medications?

Follow-Up Care

- When is my first follow-up appointment, and what should I expect?
- Who should I contact for feeding tube issues?
- What are common challenges for new tube feeders, and how can they be minimized?

Before Going Home

- How will I be trained on giving formula, fluids, and medications?
- Who will provide additional training if I need more support?

At Home

Daily Care and Maintenance

- How do I clean and maintain my feeding tube and the surrounding area?
- Is there special care needed if my tube site gets wet?
- Are there steps to prevent clogging ?
- Are there steps to reduce skin sensitivities or allergies?
- How do I vent my tube, if allowed?

Restrictions

- When can I shower, bathe, or swim?
- Are there restrictions on sleeping positions, lifting, exercise, or other activities?

Nutrition Management

- How do I prepare and measure my formula?
- How can I tell if I'm tolerating feeding or need adjustments?
- Should I track weight, input/output, or other symptoms?
- Am I a candidate for blenderized tube feedings?

Travel

- How do I manage feeding while away from home?
- Who can help me with tips to make travel easier?

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Ordering, Cleaning, and Storing Supplies

- How do I reorder supplies such as formulas, syringes, bags, extension sets and who can help with issues?
 - Are there special instructions for cleaning the equipment and supplies?
 - What supplies can be reused, and for how long?
 - How should I store the formula?
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Complications and Emergencies

- Who will teach me what to do for emergencies like clogs, vomiting, or tube dislodgement?
 - Who do I contact for pump alarms?
 - What can I troubleshoot at home versus needing professional help?
 - What should I do if I run out of formula or supplies?
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Emotional Support

- How can I manage body image concerns or emotions about my feeding tube?
 - Are there support groups or resources for emotional and practical help?
 - Are there community or home health services for feeding tube care and training?
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Get Connected to Support

- Visit the Oley Foundation for information and support: www.oley.org.
- Home care companies and product manufacturers also provide tips and training on their websites.
- Feeling overwhelmed? Oley can connect you with experienced tube feeders through its volunteer network and online forum. Email: info@oley.org.
- Check out Oley's Enteral Donation Program to match surplus supplies and formula with those in need.

This resource was developed by The Oley Foundation to support individuals on tube feeding.

This information is for educational purposes only and is not intended as medical advice. Please consult your healthcare provider for personal medical guidance.