

# FREQUENTLY ASKED QUESTIONS



## **The feeding pump is not working. What do you do?**

Read through the troubleshooting section in your pump instruction booklet. **If you have followed this and the pump is still not working call the Nutricia Homeward Freephone Helpline: 1800 22 1800.** Please phone as early in the day as possible, so we can assist you or send a replacement pump if necessary.

## **What do you do with giving sets and containers after they have been used?**

Giving sets, reservoirs, containers, bolus adaptors, two pack connectors and used packs/bottles of feed can be disposed of with your household waste. Feed packs/bottles with a recycling logo can be recycled.

## **If you need to take a break during feeding what do you do?**

If giving sets are connected, disconnected and reconnected multiple times a day, the risk on any contamination is increased. If your dietitian and medical team have advised that you can take a break during feeding, you should disconnect your tube from the giving set and replace the end cap on the giving set. You then flush your feeding tube as instructed by your healthcare professional. If you are taking a short break for personal care or repositioning, you should not lie flat during this time. This is because it is advised to stay in your upright feeding position for one hour after feeding - see page 17 for more information. After this time, it is fine to lie flat until you commence feeding again. You can keep the feed at room temperature while you are having a break however the feed and the giving set must be discarded or used within 24 hours, or earlier depending on what feed you are using and your unique circumstances. Always follow the advice of your dietitian and tube feed manufacturer regarding storage and hang times of your feed.

## **You are finished using your pump. What do you do?**

It is important to return your pump to Nutricia Homeward when you have finished using it. **Returning your pump can be arranged by contacting the Nutricia Homeward Freephone Helpline: 1800 22 1800.** Nutricia Homeward will arrange collection of your pump and any charges related to the return of your pump will be paid for by Nutricia Homeward.

## **Do I still need to look after my mouth when I am tube feeding?**

You have recently started feeding via a tube, which means that your mouth won't be used as often for eating and drinking. However, it is still important to care for your mouth to prevent infections.



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### **Can I have baths, showers or swim?**

For about 2-3 weeks after you've had the PEG or jejunostomy placed you should only take showers to give the stoma site a chance to heal. Thereafter, taking a bath, or even swimming, is possible as long as your tube is well protected and the wound area has healed and is healthy. You can protect the tube with a waterproof wound dressing. You should, however, avoid sources of poor quality water when swimming. **If you're unsure, speak to your doctor or dietitian about what's safe and possible for you.**

### **Will I need the tube forever?**

Some people need tube feeding for short periods of time, while others may need them long term. Your doctor/dietitian will discuss the expected length of time you will require a feeding tube. Your progress will be reviewed regularly by your doctor and/or dietitian.

### **What do I do if the tube feed bottle/packaging leaks?**

The materials used to make the tube feed bottles/packaging are sturdy; however, in rare cases there is the possibility they can leak. In general the safest and easiest thing to do is to stop feeding and check the feed and all other equipment. It is safer to discard the tube feed and giving set and start again with a fresh tube feed and giving set.

### **If I'm feeling better, can I stop tube feeding?**

The objective of tube feeding is to provide the right amount of energy, protein and nutrients your body needs which may support your recovery. Tube feeding should be continued until you can receive all the nutrients required by mouth. Therefore always discuss with your healthcare professional before you stop tube feeding, or alter anything in your dosage or routine.

### **Can I put my own food down the tube?**

It is not recommended to put anything else other than the prescribed feed, water and medications through the tube. This can lead to tube blockages or the need for tube replacement and can potentially cause infections due to contamination.