

THINGS TO CHECK WHEN YOU ARE TUBE FEEDING AWAY FROM HOME



You can plan holidays at home or abroad with family and friends with the support of Nutricia Homeward, who can help with the necessary arrangements and deliver the feed and equipment to your holiday destination (if applicable).

Your healthcare team will provide the relevant documents to allow you to obtain travel insurance, supply fitness to fly certificates (if applicable), and give practical advice on managing tube feeding away from home.

Use this checklist to help you plan your travel away from home, to ensure you have everything you need.

- Tube feed
- Medication, if applicable
- Water for flushing
- Syringes
- Feed container
- Feeding pump (if needed) and pump charger
- Spare giving sets, syringes and sterile water
- Spare feeding tube (if applicable)
- Towels, wipes, tape
- A way to hang the feeding bag (usually in a carry system)
- Plastic containers/bags to store feeding supplies
- Phone numbers for the healthcare provider
- Your tube feeding care plan.

Nutricia Homeward Holiday Service — contact Nutricia Homeward at least six weeks in advance of a holiday abroad for information on the Holiday Service