Introduction

Welcome to the Paediatric Home Tube Feeding Guide. Patient care is a service we provide in Nutricia to make the change from hospital to home tube feeding as smooth as possible. This booklet explains how you can go about tube feeding at home. You should use this booklet, together with the pump instruction booklet, to answer any questions you may have about tube feeding.
What **support** can my child get at home?

Moving your child from hospital to home will be made as easy as possible for your child with the help of:

- Nutricia’s patient care team;
- Your Dietitian;
- PEG Clinical Nurse;
- Public Health or District Nurse.

We operate our patient care freephone helpline from Monday-Friday, 9am-5pm. We also have a community-based team to support your child when they go home.

Here are some useful phone numbers:

<table>
<thead>
<tr>
<th>Role</th>
<th>Contact</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Your local Nutricia contact</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Your child’s Dietitian</td>
<td></td>
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<tr>
<td>Your PEG Clinical Nurse</td>
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<tr>
<td>Your Public Health or District Nurse</td>
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<td>Your local pharmacy</td>
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<tr>
<td>Your Community Dietitian</td>
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Visit our website: [www.nutricia.ie](http://www.nutricia.ie)

**Patient care freephone helpline:**
- Republic of Ireland – 1800 22 1800
- Northern Ireland – 0800 169 5173

Visit our website: [www.nutricia.ie](http://www.nutricia.ie)
Your child’s **tube feed plan**

Please complete with your Dietitian

The name(s) of the feed is  ........................................................................................................................................................

The pack size is  .............................................................................................................................................................................

The amount of feed your child will take in one day is  ................................................................................................

The amount of sterile or cooled boiled water your child will take in one day is  ............................................

The flow rate set on the pump for your child is  ........................................................................................................ mls/hour

The dose or volume on the pump for your child is  ...............................................................................................................

The amount of water you will need to use to flush is  ........................................................................................................

Continuous Feeding:
Feeding instructions are as follows:

...........................................................................................................................................................................................................
...........................................................................................................................................................................................................

Bolus feeding (giving feeds one at a time):
Feeding instructions are as follows: ...................................................................................................................................
...........................................................................................................................................................................................................

To be given at the following times every day ....................................................................................................................

The Feeding Pump is a Flocare Infinity
Serial No is:  ........................................................................................................................................................
Next service date is:  ........................................................................................................................................................

My Giving Set is:  

<table>
<thead>
<tr>
<th>Giving Set</th>
<th>Order code</th>
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</thead>
<tbody>
<tr>
<td>☐ Flocare Infinity Pack Giving Set</td>
<td>575028</td>
</tr>
<tr>
<td>☐ Flocare Infinity Mobile Pack Giving Set</td>
<td>575026</td>
</tr>
<tr>
<td>☐ Flocare Infinity Pack Giving Set (NPSA with Med Port)</td>
<td>550563*</td>
</tr>
<tr>
<td>☐ Flocare Infinity Mobile Giving Set (NPSA with Med Port)</td>
<td>569539*</td>
</tr>
<tr>
<td>☐ Flocare Infinity Pack Giving Set (NPSA without Med Port)</td>
<td>575029</td>
</tr>
<tr>
<td>☐ Flocare Infinity Mobile Giving Set (NPSA without Med Port)</td>
<td>575027</td>
</tr>
<tr>
<td>Other</td>
<td></td>
</tr>
</tbody>
</table>
The reservoir or container is:

- 500ml ............................................................... 35746
- 1 litre ........................................................... 35724
- 1.3 litre ........................................................... 35732

Accessories:

- Two Pack Connector .............................................. 35745
- Bolus Adapter .......................................................... 35744
- Bottle Adapter ........................................................... 559943

Syringes:

Feeding Tube:

Your child will have one of the following feeding tubes:

1. **Nasogastric** – often called ‘an NG tube’. This is a narrow plastic tube, which is inserted through the nose and passes down into the stomach.

2. **Percutaneous Endoscopic Gastrostomy** – often called ‘a PEG’. This is a silicone or polyurethane tube, which is inserted directly into the stomach through the skin.

3. **Jejunostomy** – often called a ‘JEJ’. This is a silicone or polyurethane tube, that is inserted directly into the small intestine through the skin.

4. **Button** – this is a low profile feeding tube that must be used with an extension set.

5. **Naso-Jejunostomy** – a feeding tube that is inserted through the nose into the intestine.

6. **Radiologically Inserted Gastrostomy** – this is often referred to as ‘a Rig tube’. Using X-ray and scanning equipment, this tube is inserted through the skin and into the stomach.

Which of the following tubes is being used to feed your child?

Please tick one box: □ NG □ JEJ □ NJ □ PEG □ Button □ Rig

Please fill in the following details:

- **Brand name** .................................................................
- **Type** ...........................................................................
- **Size** ............................................................................
- **Y connector (if there is one)** ..............................................
- **Code** ............................................................................
- **Button extension set (if there is one)** ..........................................
- **Code** ............................................................................
- **pH paper or type** .........................................................
How do I feed my child?

Your child’s Dietitian will have talked to you about how best to feed your child. They will decide on the type and amount of feed for your child after they have taken into account:

- Their height;
- Their weight; and
- Anything else relevant relating to their condition

The Dietitian may decide to use:

- Continuous feeding;
- Bolus feeding (giving feeds one at a time); or
- A combination of both

Continuous Feeding:

- With continuous feeding your child will be given their feed slowly over a number of hours using the Flocare Infinity pump

What is bolus feeding?

- If your child is bolus feeding (given feeds one at a time) you will give them their feed several times during the day. You may give the feed by using either a syringe or the Flocare Infinity pump

General advice for feeding

<table>
<thead>
<tr>
<th>Nothing should pass through your child’s feeding tube except:</th>
</tr>
</thead>
<tbody>
<tr>
<td>✅ Sterile or cooled boiled water</td>
</tr>
<tr>
<td>✅ Liquid feed</td>
</tr>
<tr>
<td>✅ Liquid medication</td>
</tr>
</tbody>
</table>

Flush the feeding tube:

Before and after you give your child medications or feed using the feeding tube, you should always flush the tube with:

1. Sterile or cooled boiled water.
2. The Dietitian will tell you how much water is needed to flush your child’s tube.
Flow rate:

1. Always set the pump at the flow rate that your Dietitian advised you.

Check date:

1. Check that feed is not past the expiry date that is printed on the pack.

Keep equipment clean:

1. Make sure the pump and all the tube feeding equipment are kept clean.

2. If feed spills onto the pump, wipe it immediately with a damp cloth, as it is much harder to clean later on and may affect how the pump performs.

Opened feed:

1. Once a pack or bottle of feed has been opened, you should store any unused feed in the fridge.

2. Throw it away after 24 hours.

Using a reservoir:

1. If you are decanting into a reservoir you should follow the instructions given by your Dietitian.

Your pump is on loan only

Please be aware that we provide the Infinity pump on loan. You must return it to Nutricia Medical when you have finished using it.

Please call Nutricia on our freephone number to arrange for us to collect it: 1800 22 1800 (ROI) or 0800 169 5173 (NI).

Thank you for your cooperation.
Feed, feeding sets, accessories and syringes

Where do I get the feed?
- We will give you up to five days’ supply of feed when your child is leaving hospital
- The hospital will give you a prescription to take to your pharmacy
- It is important to remember to renew the prescription and to ask the pharmacy to re-order the feed a few days before your supply runs out

Where do I get feeding sets and accessories?
- We will give you up to five days’ supply of feeding sets (and accessories if needed) when your child leaves hospital
- In the Republic of Ireland, the Dietitian will have arranged for the first month’s supply to be ordered from the local health centre or pharmacy
- In Northern Ireland the District Nurse will arrange this for you
- It is important to make sure the health centre or pharmacy reorders the sets, or accessories, or both, at least one week before you run out of them

Where do I get syringes?
- Your Dietitian or Ward Nurse will have arranged for the first month’s supply to be ordered from the local health centre or pharmacy. You will need a small supply of these from the hospital until the order arrives. In Northern Ireland the District Nurse will arrange this for you
How do I set up the feed?

Cleanliness
- It is important that you keep everything as clean as possible
- Wipe down the area where the feed will be set up with a clean cloth; and
- Wash your hands

Setting up the pump
- For specific instructions on pump set up, please refer to the pump instruction booklet for a step-by-step guide

Make sure you have the following items:
- Feed
- Giving Set
- Pump
- Pump Frame
- Sterile or cooled boiled water and a syringe for flushing
How do I use the Flocare Two Pack Connector

The Flocare Two Pack Connector will allow you to connect two packs of feed to the Giving Set. The Flocare Two Pack Connector has two purple ends and one clear end.

1. Make sure that the two white clamps on each arm of the Two Pack Connector are open.
   A. Screw the purple cap, on the top of the Giving Set, onto the white end of the connector.
   B. Attach the Infinity Giving Set to the Two Pack Connector.

2. Remove the purple caps from the two packs of feed.
   A. Remove the purple caps from the two packs of feed.
   B. Attach the purple end of the connector to each pack.
   C. Remember to push the purple cap on as far as you can. Screw on tightly.

3. Now pierce both packs in the usual way.
   A. Screw the purple cap, on the top of the Giving Set, onto the white end of the connector.
   B. Now pierce both packs in the usual way.
   C. Hang both packs on the frame supplied.

4. Proceed as normal to fill the set; and programme the pump as explained in the instructions in the pump handbook.

5. The feeding rate, volume given and the feeding time will remain unchanged.
How do I use the Flocare Bolus Adapter?

The Flocare Bolus Adapter makes it easy to bolus feed (give individual feeds) from our pack system.

1. A. Check the feeding tube position.
   B. Flush following the instructions your child’s Dietitian gave you.

2. Remove the cap from the end of the pack of feed.

3. A. Push the Bolus Adapter onto the pack.

4. A. There are two different cap sizes for the Bolus Adapter to make sure that it fits all types of syringes. Place the syringe firmly (to avoid leakage) into the Bolus Adapter.
   B. Using the syringe, withdraw feed directly from the Bolus Adapter pack.
   C. Then attach the syringe to the feeding tube.

5. You can also use the Bolus Adapter to pour feed into a syringe directly.
   A. Remove the plunger from the syringe.
   B. Close the clamp on the feeding tube and attach the syringe.
   C. Open the large cap on the Bolus Adapter and pour the feed directly from the pack into the syringe.
   D. Unclamp the tube and feed following the instructions your child’s Dietitian gave you.

6. Once your child’s feed has finished, seal the cap on the Bolus Adapter and store the pack in the fridge until the next feed.
   A. Remove from the fridge 30 minutes before the next feed and allow to return to room temperature.
   B. Discard any remaining feed and the Bolus Adapter after 24 hours.
How do I give my child medication?

You will need:

- A syringe
- Prescribed medications
- Sterile or cooled boiled water

The feeding tube has been designed to take liquids only, therefore where possible you should request the medication in liquid or soluble form from the Pharmacist. Crushing tablets is a last resort as it greatly increases the risk of the tube becoming blocked.

1. Ask the pharmacy what medications are suitable while tube feeding.

2. Before handling medication, make sure you have washed your hands.

3. You should use a syringe to give medication with the feeding tube.

4. A. Check that the tube is correctly positioned (you will be shown how to do this before leaving the hospital).
   
   B. Before giving the medication, flush the tube with the amount of sterile or cooled boiled water that you were advised to use by the Nurse or Dietitian.
   
   – If your child is taking several drugs, use a flush of 5-10mls between each one.

5. You should give each medication separately.

6. Soluble drugs: You should dilute soluble drugs with sterile or cooled boiled water as you were shown by the Dietitian or Pharmacist.

7. Thick liquids: You should dilute thick liquids with an equal amount of water.

8. Tablets or capsules:
   
   – If you are going to use tablets you should crush them first. If you are going to use capsules, you should open them to get the contents first. Dilute the crushed tablets or opened capsules with sterile or cooled boiled water as shown by the Nurse.

9. Blocked tube: If the tube becomes blocked, see page 14.

If you need more information on taking medication, please contact your Pharmacist or Nutricia (Republic of Ireland 1800 22 1800; Northern Ireland 0800 169 5173).
How should I store and handle the feed?

The Nutricia pack feeding system has been designed to reduce the risk of feed contamination and has proven to be an extremely safe system.

If feed becomes contaminated, your child can develop complications such as vomiting and diarrhoea. Therefore it is very important that you store the feed correctly. Contamination can be introduced at any time during the setting up process. To avoid this, you should adhere to the following advice.

**Storage:**
- You must keep feed and equipment clean.
- You must keep feed and equipment at the correct temperature to avoid damaging them. Store unopened feed and equipment at room temperature (between 8-25°C) in a cool, dry place – you do NOT need to keep unopened feed in the fridge.
- Avoid placing feed and equipment next to radiators or other sources of heat.

**Handling:**
- Wash your hands before starting to set up the feed.
- Avoid touching any internal part of the feed container and Giving Set with your hands.
- You should throw away opened packs of feed after 24 hours.
- You should throw away or use decanted and reconstituted feeds after the time specified by your Dietitian.
- You should change Giving Sets every 24 hours or as directed by the Dietitian.
- Use only sterile or cooled boiled water for flushing.
- Before using, check the expiry date and seal on pack of feed.
- Always gently shake the bottle or pack before you use it.
How do I care for the PEG; Button; or JEJ Tube?

The area around the PEG tube on the outside of the stomach is called the ‘stoma site’. It is very important that you clean the stoma site every day after your child is discharged from hospital. After 2-3 weeks when the site has healed, you can care for the PEG tube by following the simple instructions below.

Note: Before this, your child’s stoma site will be cleaned by the Nurse in hospital or at home by the PEG Clinical Nurse; Public Health Nurse; or District Nurse.

1. Wash your hands with soap and water.

2. Check the stoma site for any signs of:
   - Leakage
   - Swelling
   - Skin breakdown
   - Irritation
   - Redness
   - Soreness
   - Movement of the tube in and out of the stomach

   If you notice any of the above, inform the PEG Clinical Nurse; Public Health Nurse; or District Nurse.

3. Clean the skin around the stoma site with saline solution or other disinfectant as the Nurse at the hospital instructed you. Begin at the centre of the stoma site and work outwards.

4. When you have finished washing the stoma site, gently dry the area thoroughly.

5. You should rotate the tube in a full circle each day as part of the cleaning routine. This helps to keep the stoma healthy.

6. If you are concerned about the stoma site or tube, contact the PEG Clinical Nurse Specialist in the hospital from which you were discharged.

Flushings:

1. You must flush the tube before and after all feeds and medications. Generally you should use 10mls of water to flush your child’s tube unless the Dietitian has told you otherwise.
How should I care for the NG Tube?

Cleaning:

1. Keep the tube clean and dry.
2. Clean the skin around your child's nostril with a damp cotton wool pad and warm soapy water.
3. Rinse and dry carefully.
4. Pay particular attention to the nostril in which the tube is placed and if it looks irritated or if your child reports that it is sore tell the:
   - PEG Clinical Nurse, District Nurse, Public Health Nurse.

Securing the tube:

1. To protect your child's skin, place Duoderm Dressing under the NG tube and secure the tube with Tegaderm.
   - Putting the end of the tube behind the ear will keep it further out of the way.

CAUTION
YOU MUST BE SURE THE TUBE IS IN THE CORRECT POSITION BEFORE YOU FEED.

Checking the position of the tube:

1. You should check the position of the tube before every use to make sure that it is still in the stomach.
   - The Dietitian or Nurse will show you how to do this before your child is sent home from the hospital.
   - If you are unsure whether or not the tube is in the correct position, DO NOT FEED. Immediately, contact your Doctor, or Nurse, or Dietitian or hospital for further advice.

Flushing:

1. You must do this before and after you give any feeds and medications using the feeding tube.
How do I deal with complications?

Occasionally some people can experience complications when adjusting to tube feeding. You can prevent these by following the guidelines below. If your child experiences any of the following complications please contact your:

- Dietitian
- Public Health Nurse
- PEG Clinical Nurse
- District Nurse

How can I clear a blocked tube?

If the tube becomes blocked:

1. Flush the tube with sterile or cooled boiled water, but do not use excessive pressure.
2. If it remains blocked, try flushing it with lukewarm water.
3. If it is still blocked, try flushing it with sparkling water.
4. If the tube remains blocked, gently squeeze the tube between the fingers along the length of the tube.
5. If none of these suggestions work please contact the hospital.

What should I do if the tube falls out?

If the tube falls out:

1. **NG tube:** If your child has a NG tube and you have been shown how to replace the tube please do so. Otherwise, you will need to go to hospital to have the tube replaced by a Healthcare Professional. Contact the hospital beforehand to avoid waiting in Accident & Emergency.
2. **PEG, Button or JEJ tube:** If your child has a PEG, Button or JEJ tube and it is accidentally removed, please put a dressing over the site and go as quickly as possible to the hospital Accident & Emergency Department as the stoma will begin to close up. A stomata can close over within 24 hours.

CAUTION

STOP FEED IMMEDIATELY AND SEEK URGENT MEDICAL ADVICE IF THERE ARE:

- LEAKS OF FLUID AROUND THE TUBE;
- PAIN ON FEEDING; OR
- NEW BLEEDING.
What should I do if my child has an upset stomach?

1. If your child is nauseous, delay tube feeding for 1-2 hours.
2. If necessary, try a small amount of feeding or set the pump at a lower rate.

What should I do if my child develops diarrhoea?

If your child develops diarrhoea while on a tube feed please check the following:

1. Make sure that the pump is going at the correct rate.
2. Make sure that all feeding equipment is clean.
3. Make sure that the Giving Set has been changed every 24 hours.
4. If your child is Bolus Feeding make sure that the open pack is resealed.
5. Cover and put in the fridge any opened feed that is not actually being fed through the pump. When ready to use again, remove from the fridge and allow to stand at room temperature for 30 minutes.
6. After a pack of feed has been open for 24 hours, you should throw it away.
7. Give your child medication as directed. Some medications, for example, antibiotics, can cause diarrhoea. Check with the Doctor or Pharmacist.
8. If diarrhoea is a problem contact your: – PEG Clinical Nurse, District Nurse, Public Health Nurse, GP.

What should I do if my child gets constipation?

If your child develops constipation while on the tube feed please make sure that:

1. You have given your child any extra fluids they have been prescribed. Do not miss flushes.
2. If possible, encourage your child to exercise and move around.
3. If constipation persists it is important to let the Dietitian know.

What should I do if my child has wind or back pain?

If you feel that your child has wind after tube feeding you may need to:

1. Open the cap on the tube and let any excess gas escape through the tube. This is a process called venting and the Nurse will explain it to you. They may instruct you to attach a 50ml syringe or a special valve to vent excess gas.
How should I care for my child’s mouth and skin?

How should I care for my child’s mouth?
Your child has recently started feeding via a tube, which means that their mouth won’t be used as often for eating and drinking. However, it is still important to care for your child’s mouth to prevent infections.

1. Brush your child’s teeth twice a day.
2. Rinse your child’s mouth several times a day.
3. Apply cream to your child’s lips to avoid the discomfort caused by dry lips.
4. If your child is allowed to eat and drink, it is very important to continue to encourage them to do so as much as possible.

What should I do if I have difficulties caring for my child’s mouth?
Always seek advice from the Doctor, Dentist or Speech Therapist if your child is having difficulties with:
- A dry mouth
- Bleeding gums
- Sore tongue
- Blistered mouth

How should I care for my child’s skin?
It is important to care for the skin around the tube because it will reduce irritation and possible infections. For instructions on how to care for the skin around the specific type of tube, refer to page 12.

How can I avoid difficulties managing my child’s skin?
1. Keep the area around the tube dry and clean.
2. If the skin becomes sore or irritated, contact your child’s Nurse or Doctor.
3. Avoid using creams and powders on skin that is in contact with the feeding tube as these can damage the tube.
How should I position my child during feeding?

When you position your child correctly, it will allow the feed to settle in their stomach and should make feeding more comfortable for them.

1. When feeding your child, put them at an angle of 45° or greater. It is not safe to feed while lying flat (see picture).

2. The ideal position for your child when feeding is sitting up, but if this is not possible, you should prop your child up on at least two pillows.

What should I do if there is leaking around the stoma?

- If there is any leakage around the stoma area while you are using the feeding tube, stop using the tube and contact the Doctor or other Healthcare Professional.

Get medical help when necessary

- In the very unlikely event that your child starts to feel short of breath or starts coughing or choking (more than usual), stop feeding immediately, contact the Doctor or call for an ambulance.

IMPORTANT

GIVE THE TUBE FEED AT ROOM TEMPERATURE
Wash your hands before you start.

Remove the purple cap from the pack or container of feed. Do not touch or pierce the foil on the pack spout.

IMPORTANT: Stand pack on flat surface before connecting.

You will need a new giving set, new feed and a syringe for water (as prescribed by your Dietitian) to flush the feeding tubes.

Hang the pack / container of feed on the drip stand.

Open the pump door by pressing up on the lower part of the door and lifting upwards (see arrows).

Get looped section ready. The smooth side should be to the front and the tube side to the back.

Insert the Giving Set by placing looped section over the rotor wheel.

Stretch the looped section to the right until the Giving Set slots in place.

Close the pump door, pinching the catch as you close it. To open the door again when needed, push in the tab-catch and lift.
Part B: Programming set up

1. Press and hold the ON/OFF button until it beeps.

2. Wait for the word ‘VOLUME’ to appear on the screen; the number above it is the previous amount of feed delivered.

3. Press the CLR button and release immediately. The pump will not beep.

4A. Press and hold the FILL SET button until the words ‘FILL SET’ appears and the pump beeps.

4B. The words ‘FILL SET’ appears on the full screen.

5. The word ‘RATE’ will appear on the screen.

6. The rate in ml/hr is now on screen. If necessary press + or – button to reach the desired rate.

7. Now press the DOSE=VOLUME button.

8. The word ‘DOSE’ will appear on the screen.

9. The words ‘FILL SET’ appears on the full screen. For continuous feeding, ‘CONT’ will appear on the full screen. If it does not, press the clear button for continuous feeding.

10. To set a dose (total amount of feed), press the + button to reach the desired amount. (The pump will sound an alarm and stop running when your child has been given the full dose.)

11. Connect the Giving Set to the Feeding Tube.

12. Press the START button.

13. The word ‘RUN’ will appear on the top right of the screen as will a circular moving arc.

14. Once fully charged, the battery on the Infinity Pump lasts for 24 hours. There are four bars on the screen (between E and F) and each bar represents six hours’ charge. So if there are two bars showing, there are 12 hours left of battery life.
Frequently asked questions

The feeding pump is not working. What do I do?
Read through the troubleshooting section in the pump instruction booklet. If you have followed this and the pump is still not working call the Patient Care Freephone Helpline: 1800 22 1800 (ROI) 0800 169 5173 (NI). Please phone as early in the day as possible, so we can help you or send a replacement pump if necessary.

Your child’s PEG tube has accidentally been removed. What do I do?
Place a dressing or a plaster over the site and go to hospital immediately for reinsertion of the tube. A replacement tube should be inserted as quickly as possible. Contact the hospital beforehand to avoid waiting in Accident & Emergency.

The Nasogastric Tube has been accidentally removed or has changed position. What should I do?
If you have been shown how to position the tube, then do so, following the instructions given to you by your Dietitian. Otherwise contact the PEG Clinical Nurse; Public Health Nurse; District Nurse or GP. They will arrange to have another tube passed. Always re-check its position before starting feeding.

What should I do with Giving Sets and Reservoirs after I have used them?
You can dispose of Giving Sets, Reservoirs, Containers, Bolus Adapters, Two Pack Connectors and used feed packs with the household waste. You can recycle glass bottles according to local authority guidelines.

If my child needs to take a break during feeding what should I do?
If your child is taking a short break that is less than an hour, you should:
– Disconnect the tube from the Giving Set;
– Replace the end cap on the Giving Set; and
– Flush the Feeding Tube.
If your child is having a longer break of more than one hour you should do as above and then put the feed into the fridge, leaving the Giving Set attached to the feed. When you take the feed out of the fridge, leave the feed at room temperature for 30 minutes before you start feeding again.
**Frequently asked questions (cont)**

**Can my child have baths, showers or swim?**
Yes, after the first 2-3 weeks that they have had the PEG or JEJ tube in place they will be able to have baths. When your child is allowed to take baths and swim, make sure that the tube is closed before immersing it in water. Be sure that you dry the area thoroughly afterwards.

**NOTE:** The PEG Clinical Nurse; Public Health Nurse; or District Nurse will advise you on exactly when your child can bathe.

**I am finished using the pump. What should I do?**
It is important to return the pump to Nutricia when you have finished using it.

You can arrange to return the pump by contacting the Nutricia Patient Care Freephone Helpline: 1800 22 1800 (ROI) 0800 169 5173 (NI).

We will arrange to collect all the equipment and we will pay any charges related to the return of equipment.

**Will my child need the tube forever?**
Some children need tube feeding for short periods of time, while others may need them long term. Your child’s Doctor will discuss the expected length of time your child will require a feeding tube. Your child’s progress will be reviewed regularly by their Consultant and Dietitian.

**Can my child eat normal foods while being tube fed?**
You will be informed if your child can eat while on tube feeds. If they are allowed eat, you will be given information about what types of food and amounts your child can eat. If your child needs to be tube fed because of a swallowing difficulty, they will be visited by a Speech and Language Therapist in hospital. If they are allowed to eat, the Speech and Language Therapist will advise you on what types of food are safest for your child.
Overseas assistance

Patient Care Coordinator for holidays

We have a dedicated Patient Care Coordinator to advise you when planning to carry Nutricia feed and when travelling overseas.

You can contact the Patient Care Coordinator by freephone on the numbers across.

Before you go - other essential advice

- **Pack a plug adapter:** If travelling outside Ireland and the UK you will need a plug adapter for the pump so that you can charge it. Please call our freephone number as we may have a suitable adapter for the destination country you are travelling to.

- **Documentation:** Carry documentation for your child such as the GP letter or a copy of the completed airline medical form should airline personnel require it.

- **Additional fluids:** As a holiday destination may have a warmer climate than at home, flush the tube with extra water to prevent dehydration.

- **Bottled water:** If the tap water is not safe for drinking, we suggest using bottled water for hand washing before starting any feeding procedures. Use bottled water for brushing teeth also.

- **Storage of feed:** You should store all feed unopened at room temperature (less than 20°C). In either very cold or hot climates, make sure the feed is not stored at extreme temperatures.

- **Oral food intake:** If your child can take normal diet in addition to their tube feed, always make sure that it has been correctly cooked and there is minimal risk of food contamination.

- **Telephone numbers:** Always take the phone numbers of the Dietitian; hospital; Patient Care Coordinator; and any others you think you might need in an emergency.
Patient Care Freephone:
Republic of Ireland: 1800 22 1800
Northern Ireland: 0800 169 5173.

International Phone Number:
00 353 1 289 0236
Please note that the international number is not a Freephone number.
Colour me in!