

As you are not able to eat food in the same way as a lot of people, your body must have a special food, known as medical nutrition or enteral nutrition. Your doctor or dietitian may call this food a “tube feed”.

To keep things simple, on these fact sheets we will call it a tube feed.

A tube feed is a liquid that contains all the things your body needs, just like normal food. There are a lot of people who have to have their food this way.

Hopefully you will find some useful tips in our fact sheets. There are different fact sheets covering different topics, here is a list so you can choose the ones suitable for you and hopefully find the information you need.

FACT SHEET 1	GENERAL INFORMATION — STARTING TUBE FEEDING
FACT SHEET 2	ADVICE AND TOP TIPS
FACT SHEET 3	QUESTIONS THAT ARE OFTEN ASKED
FACT SHEET 4	DEALING WITH WORRIES AND CONCERNS
FACT SHEET 5	CHECK LISTS
FACT SHEET 6	PERSONAL LIFE
FACT SHEET 7	GOING ON HOLIDAY
FACT SHEET 8	SCHOOL
FACT SHEET 9	COLLEGE
FACT SHEET 10	UNIVERSITY
FACT SHEET 11	WORK
FACT SHEET 12	NASOGASTRIC TUBE
FACT SHEET 13	USEFUL WEBSITES AND SUPPORT GROUPS

This information is intended for patients who have been prescribed a tube feed by a healthcare professional.

Accurate at time of publication: December 2019.

Nutricia Ltd.

White Horse Business Park, Trowbridge, Wiltshire BA14 0XQ

AMN0494-12/19