



ENTERAL NUTRITION THERAPY

Patient
Welcome Guide

Bolus, Gravity and Pump Feeding

 APRIA®

Apria Enteral Nutrition Therapy Patient/Caregiver Acknowledgement

An Apria Representative will review the items on this checklist with you. After you have reviewed each item, please check the appropriate box. Then sign and date at the bottom, remove the checklist from this guide, and return it to Apria.

Patient Welcome Guide

- Welcome to Apria's Enteral Nutrition Therapy Program
- Managing Your Supplies
- Safe Practices for Home Tube Feeding
- How to Administer Your Feedings

Apria Safety Guidelines Brochure

- Fire Safety and Tips to Avoid Falling
- Patient's Rights and Responsibilities
- HIPAA Notice of Privacy Practices
- Interpretation Service Available

Forms and Flyers

- ENFit Transition Checklist Flyer
- Opt-In Enteral Refill Program Enrollment Form — Enrollment is optional and may not be available to all patients (dependent on insurance).

Additional Resources

If your delivery includes a Kangaroo Joey feeding pump, see these additional resources provided to you:

- Loading and Rinsing Feeding Pump Flyer
- EZ Mode Instructions with Troubleshooting Guide Quick Reference Card
- More enteral resources are listed on our website at <https://www.Apria.com/services/enteral>

By signing below, the patient or caregiver acknowledges that he/she has received, been instructed in, and understands items on the checklist above. In addition, the listed Additional Resources have been provided.

Patient/Caregiver Signature

Date

Apria Representative

Date

Please PRINT Name

Please PRINT Name

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Welcome to Apria's Enteral Nutrition Therapy Program

We want to give you a warm welcome to Apria's enteral nutrition therapy program.

In this program you will be provided with tube feeding formula, supplies, and equipment prescribed by your physician. You will also be provided the top level of service.

Enteral Nutrition Staff and Services

As our customer, you have access to our staff and services, including:

- **Enteral Nutrition Specialists:** Our enteral nutrition support team is here to help coordinate your transition to home tube feeding and assist you with supply orders throughout the duration of your therapy.
- **Around the Clock Support:** Apria's support staff is available 24 hours a day, 7 days a week to address supply questions.
- **Additional Resources:** Educational materials and resources that can help you with your home tube feeding.

Please accept our personal welcome to Apria and our enteral nutrition therapy program. We look forward to serving you.

Kindest Regards,

Your Apria Enteral Nutrition Therapy Team

Continental U.S. (844) 260-1788

Hawaii (800) 454-5672

Language Interpreter Services

Language interpreter services are available. If language interpreter services are needed, please let us know.

Feedback on Our Services

Apria is among America's most experienced and respected homecare providers, and our patient satisfaction scores are consistently high. It is possible, however, that you may have a concern and we always welcome feedback. To voice a concern, call us, email us, or visit our website.

- Call our specialists at (844) 260-1788 in the Continental U.S. or (800) 454-5672 in Hawaii.
- Email us at Patient_Satisfaction@Apria.com
- Visit our website at **Apria.com**. Select the reason for contacting us from the menu under Contact Us.

Managing Your Supplies

Initial Delivery

A member of the Apria team will most likely provide your initial delivery of supplies to your home or to your hospital room before discharge. This initial delivery will vary depending on your specific needs and will include enough supplies to last 5 days. The rest of your first month's supplies (25 days) will be shipped to your home. Shipped deliveries will arrive by UPS or a similar carrier.

Recurring Orders

You will receive a monthly reminder call from us approximately 10 days prior to your next refill date. We encourage you to contact us when you have 7 days of supplies remaining.

During your refill conversation, our specialists will ask you questions about how things are going with your home tube feedings. These questions may take a few minutes to answer, but please remember, they are very important for the proper management of your supplies.

Ordering Supplies

Don't run out of supplies. You will receive a monthly reminder call from us approximately 10 days prior to your next refill date. **We encourage you to contact us when you have only 7 days of supplies remaining.**

Once your order is placed, you will receive a 30-day supply of formula and supplies shipped to your home. Shipped deliveries will arrive by UPS or a similar carrier.

If you have any concerns about a delivery you have received, please call us immediately. You can also contact us toll-free with any questions regarding supplies and service at **(844) 260-1788** in the Continental U.S. or **(800) 454-5672** in Hawaii.

Please call us immediately if there is a change in your tube feeding regimen. It may take up to 7 days to obtain a new prescription from your physician and receive insurance authorization to provide the new product. Notify us as soon as possible to ensure that you have an adequate supply of formula.

Pumps

Your therapy may require the use of an electronic enteral feeding pump.

IMPORTANT: Please return your pump at the completion of therapy. Contact your local branch to make arrangements.

Some Things to Keep in Mind

- This pump is a delicate medical device, so it's important that you take good care of it, clean it, and store it, according to the manufacturer's instructions.
- If your equipment is damaged or malfunctions at any time, please contact Apria to arrange for a replacement.
- If at any time you have a question or concern related to your feeding pump, please contact Apria's Enteral Nutrition Support Team at **(844) 260-1788** in the Continental U.S. or **(800) 454-5672** in Hawaii.

Returning Your Pump to Apria

- **This is medical equipment you are renting from Apria, which you'll need to return to Apria at the end of your therapy.** Upon completion of your therapy, please call the Enteral Nutrition Support Team at **(844) 260-1788** in the Continental U.S. or **(800) 454-5672** in Hawaii to arrange a pickup of the pump by our local Apria branch representative.

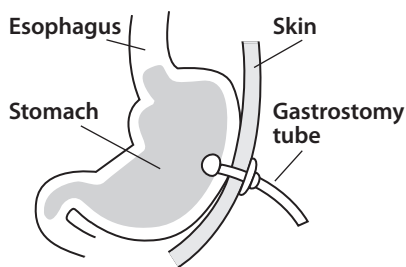
Getting Started with Home Tube Feeding

Types of Feeding Tubes

When you are unable to eat by mouth, a feeding tube provides a way for you to receive the nutrition and water you require.

Feeding tubes are soft and flexible and can be placed directly through your abdominal wall into your stomach or intestinal tract through a surgical incision.

- **G-tube:** A tube placed in the stomach is called a gastrostomy tube, or G-tube for short.
- **J-tube:** A tube placed in the intestinal track, below the stomach, is called a jejunostomy tube, or J-tube.



Placement of a gastrostomy tube

Types of Feeding Methods

There are three types of feeding methods to administer formula and water into feeding tubes.

1. **Syringe Bolus Feeding:** Formula is given into the stomach using a syringe.
2. **Gravity Feeding:** Formula is poured into a feeding bag, which is hung from a pole. The force of gravity pulls the formula from the bag, through the tube.
3. **Pump Feeding:** An infusion pump allows a controlled flow of formula, based on a preset rate.

Resources and Adjusting to Home Tube Feeding

The transition to home tube feeding does require some adjustment. But you can do this and it gets easier as you get familiar with the process.

Whether the feeding tube is needed only for a short time during medical treatment, or for a longer period based on a specific medical condition, Apria is dedicated to providing you and your family compassionate service. We are a good place to start to help answer supply questions. And you can find more resources listed here and on our website.

Apria Enteral Nutrition Therapy

<https://www.Apria.com/services/enteral>
Continental U.S. (844) 260-1788 | Hawaii (800) 454-5672
Apria's website provides tube feeding resources for patients and caregivers.

The Oley Foundation

www.oley.org | (800) 776-6539
A national non-profit support group that has a variety of resources to help patients and families adjust to home tube feeding.

Feeding Tube Awareness Foundation

www.feedingtubeawareness.com
A national non-profit support group for parents and caregivers of children who are tube fed.

GEDSA Stay Connected

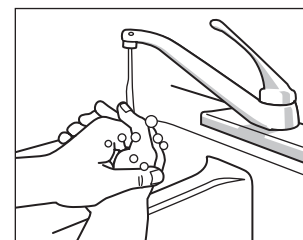
www.stayconnected.org
A non-profit trade association formed to help transition to the new ISO 80369-3 standard for enteral feeding connectors known as ENFit®.

Safe Practices for Home Tube Feeding

Just like food, tube feeding formula needs to be handled carefully to prevent spoilage and foodborne illness. Follow the tips below to help make your tube feeding safe.

Hand Washing

- Wash your hands thoroughly before preparing or giving any tube feeding formula or touching any tube feeding equipment. Simple hand washing is the easiest way to prevent the spread of bacteria.
- If you do not thoroughly wash your hands before touching your tube feeding equipment or formula, the bacteria on your hands can cause food-borne illness. People with food-borne illness often experience stomach upset, nausea, vomiting, diarrhea, and/or infection. If you experience any of these symptoms, it is important to contact your healthcare professional.



Formula Storage and Use

- Unopened formula should be stored in a cool, dry place.
- Prior to opening, take a damp paper towel and wipe off the top of the formula carton. This will prevent any dust or debris from getting into the formula.
- Once opened, the carton needs to be refrigerated. Discard any refrigerated formula that has not been used within 24 hours.
- Be aware that like any food, tube feeding formula may become contaminated with bacteria if left at room temperature for too long. To reduce the risk of foodborne illness, fill the feeding bag with only enough formula for 12 hours. If using powdered formula that is mixed with water, fill the feeding bag with just enough formula for 4 hours.
- When the max hang time has expired (4 or 12 hours, depending on your formula), rinse the feeding bag with water before adding more formula. **Never add fresh or new formula to a bag of existing formula.**

Feeding Position Tips

- Remain in a sitting position or elevate the head of the bed to approximately 30–45 degrees during and after your feeding.
- If you are bolus or gravity feeding, it is recommended to wait at least an hour before lying down.
- If you are on a 24-hour continuous feeding, your head must be elevated at all times.

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How to Administer Your Feedings

The information provided in this booklet should not replace any medical advice from your healthcare professional or the manufacturer's product information, directions for use, and instructions. If you have questions about your specific therapy, contact your physician.

Syringe or Bolus Feeding

When you are new to bolus feeding, it is good to start with a half carton of formula to let your body adjust. If you don't experience any problems, increase to three-fourths of a carton, and then increase to a full carton.

Most people find that it is easier to digest the formula when sitting upright during feeding sessions, and then remain sitting upright for at least 30 minutes after.

1. Wash your hands thoroughly with soap and water. Clean the top of the formula carton with a damp paper towel. Shake the carton and then open it.
2. Flush the tube with the prescribed amount of water. If none prescribed, flush with 30 to 60 mL of water.
3. Pull the plunger out of the syringe.
4. Connect the syringe to your feeding tube.
5. Position the syringe upright so formula will not spill out as the syringe acts as a funnel.
6. Slowly pour a small amount of formula into the syringe. The formula will then go through the tube into the stomach. Let the formula run through the tube by gravity.
7. You can also put the plunger back into the syringe, and then slowly push down to force formula into your feeding tube.
8. Repeat until the prescribed amount of formula has been given.
9. Flush the tube with the prescribed amount of water. If none prescribed, flush with 30 to 60 mL of water.



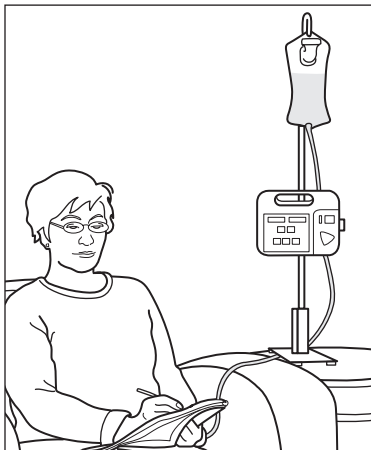
Gravity Feeding

With gravity feeding, the formula is placed in a feeding bag hung from an IV pole. A roller clamp can be adjusted to allow formula to flow faster or slower. Gravity feedings generally take 20 to 30 minutes per 8 ounce carton.

1. Wash your hands thoroughly with soap and water. Clean the top of the formula carton with a damp paper towel. Shake the carton and then open it.
2. Flush the tube with the prescribed amount of water. If none prescribed, flush with 30 to 60 mL of water.
3. Close the roller clamp on the feeding bag (roll down).
4. Fill the gravity feeding bag with your prescribed amount of formula. Next, close top of feeding bag.
5. Hang the feeding bag on your IV pole at least 18 inches above the level of your stomach.
6. Remove the cover from the end of the tubing attached to the feeding bag.
7. Hold the tubing tip over a container or a clean sink.
8. Open the clamp (roll up) to let formula flow to the end of the tubing. Then close the clamp.
9. Connect the gravity bag end to your feeding tube.
10. Open the clamp and adjust the flow of formula up or down.
11. After your feeding is complete, you should rinse out the feeding bag and tubing with warm water between feedings. It is also recommended that you use a new gravity feeding bag each day to avoid bacteria contamination.
12. Flush the tube with the prescribed amount of water. If none prescribed, flush with 30 to 60 mL of water.

Pump Feeding

For formula to be infused over a longer period of time, an electronic feeding pump can be used, which is programmed to deliver a prescribed volume of formula per hour. Feeding pumps will come with instructions on how to operate them, and you will also be shown how to operate it by Apria. **Please read the card EZ Mode**



Instructions with Troubleshooting Guide Quick Reference Card.

1. Wash your hands thoroughly with soap and water. Clean the top of the formula carton with a damp paper towel. Shake the carton and then open it.
2. Flush the tube with the prescribed amount of water. If none prescribed, flush with 30 to 60 mL of water.
3. To reduce the risk of food-borne illness, fill your feeding bag with just enough carton liquid formula for up to 12 hours of infusion. If you are using powdered formula, fill your feeding bag with enough carton liquid formula for up to 4 hours of infusion.
4. Turn on the pump.
5. Insert the tubing that is attached to the feeding bag into the feeding pump.
6. Remove the cover from the end of the tubing attached to the feeding bag.
7. Follow the directions to “prime the pump,” or in other words, get the formula to flow to the tip of the tubing.
8. If needed, program your pump with the prescribed dose or VTBD (volume to be delivered).
9. Set the prescribed infusion rate on the pump.
10. Connect the feeding bag adaptor to your tube.
11. Begin infusing the formula.
12. When feeding is complete, turn the pump off.
13. If needed, rinse out the feeding bag with lukewarm water between feedings. Throw away the feeding bag after 24 hours of use.
14. Flush the tube with the prescribed amount of water. If none prescribed, flush with 30 to 60 mL of water.

Pump Resources

Kangaroo Joey Enteral Feeding Pump

The manufacturer’s website educational module will walk you through proper operation, pump functions, and pump features.

www.cardinalhealth.com/prtraining/kangaroopumptraining/covidien.html

If your delivery included a Kangaroo Joey feeding pump, see these additional resources provided to you:

- Loading and Rinsing Feeding Pump Flyer
- EZ Mode Instructions with Troubleshooting Guide Quick Reference Card

Additional enteral patient resources as well as manufacturer user manuals and educational resources are available on the Apria website at <https://www.Apria.com/services/enteral>.

Daily Care and Maintenance

How to Care for Your Feeding Tube Site

Proper care of your feeding tube site is very important — especially during the first 72 hours after the tube was placed, because it is at higher risk of infection. It is normal to see some minor drainage around the tube site for the first day or two.

1. Prep: Wash your hands thoroughly with soap and warm water. Dry your hands well with a paper towel. Turn off the faucet using the same paper towel, so you don't pick up germs from the faucet knob.

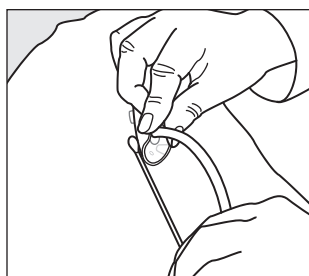
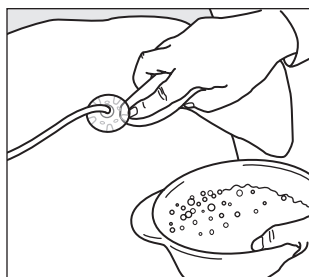
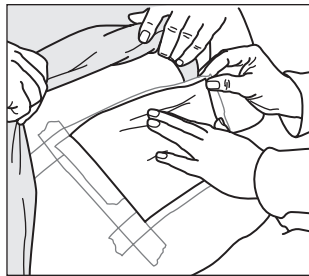
2. Remove dressings: Carefully remove the old gauze and tape from around the tube.

3. Tube and bolster:

Daily, gently clean around any sutures, the skin around your tube, and under the bolster with warm, soapy water. Dip a cotton swab in the soapy water, and gently clean under the bolster by gently lifting the bolster up just enough to place a cotton swab underneath it. Be careful not to pull on the feeding tube. Gently push the bolster back into place against the skin, making sure there is enough space between the skin and bolster for air flow. Having the bolster too tight against the skin may cause skin irritation. If you have a G-tube or PEG, turn the tube and external bolster $\frac{1}{4}$ turn each day when cleaning the site.

However, please note you cannot do this if the tube is sutured in place.

4. Feeding port: Open the feeding port cover, dip a damp cotton



swab in the opening, and swirl it around a few times to clean the inside of the port to remove any dried formula or medication. For ENFit feeding ports, a clean/unused toothbrush or specifically-designed ENFit brush may be used to remove any dried formula or medication. Learn more about ENFit cleaning procedures at stayconnected.org.

5. Dry: Dry skin with a clean soft cloth.

6. Crusting: If the tube or tube site develops any crusting around it, gently clean the area with a cotton swab and half-strength hydrogen peroxide diluted with water.

7. Watch for symptoms: Check the tube site daily and contact your physician if you see any of these symptoms: swelling, redness, soreness, or unusual drainage.

Keeping Your Feeding Tube Clean with Water Flushes

You will need to flush the tube with water a few times a day to help keep your feeding tube clean. You can do this using a syringe and tap water. It is important to flush your tube with water before and after each feeding, and also after you place medication down the tube. This will help ensure that your tube does not become clogged. It also decreases the chance of bacterial growth.

1. Fill a clean cup with lukewarm water. Do **not** use cold water, because this can cause cramping.
2. Put the tip of the syringe in the water and slowly pull the plunger to draw 30 mL (1 ounce) of water in the syringe.
3. Fold the feeding tube to prevent any stomach liquid from running out of the tube. Then open the cap of the feeding port.
4. Connect the syringe and your feeding tube. Unfold the tube. Then slowly push the plunger to push the water through your tube.
5. Remove the syringe and close the cap on the feeding port.

Giving Medication Through Your Feeding Tube

Medication can be taken through your feeding tube. If possible, it is best to get your medications in liquid

form. But if your medication is only available as tablets or capsules, they will need to be crushed and mixed with water before you can give them through the feeding tube. **Always check with your pharmacist, as there are certain medications that should not be crushed.**

General Information

1. Always use a clean syringe.
2. Do not mix medications together before putting them through your tube. Give each medication separately.
3. Do not add medication directly to your tube feeding formula.
4. Before giving a medication, stop the tube feeding and flush the tube with at least 15 mL of water.
5. After the medication has been given, flush your tube with at least 15 mL of water.
6. Repeat the above steps with each medication.
7. Restart your tube feeding after all of your medications have been administered.
8. Check with your physician or pharmacist to find out if your tube feeding needs to be held for a longer period of time after taking your medication.

Tablet Medication

To help make crushing medications easier, look for med-crushing syringes at your pharmacy. If one is not available, you will need to crush your medications by using a mortar and pestle or a pill crusher from your pharmacy.

1. After you have crushed your pills finely, let the pieces dissolve in warm water (never hot water).
2. Draw the medication into the syringe, attach the syringe to the end of the feeding tube, and administer the medication.
3. **Flush the tube with water after giving the medication.** This is very important — medication can easily clog a feeding tube if care is not taken to flush properly and consistently.

Capsule Medication

For medication that comes in capsules, consult with your physician or pharmacist before administering it.

Be sure to flush the tube with water after giving the medication. This is very important — medication can easily clog a feeding tube if care is not taken to flush properly and consistently.

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Monitoring Your Response to Therapy

Tips to Remember

• Weigh yourself

This should be done at least weekly until your weight is stable. Report your progress to your physician or dietitian.

• Maintain adequate hydration

Tube feeding formula contains water but may not meet all of your fluid needs. You will be getting additional fluid with your tube flushes, and additional fluid may also be prescribed.

• Daily Diary

Recording information regarding your tolerance to home tube feeding therapy is a helpful tool for monitoring your response to therapy. See page 11.

Home Tube Feeding Problem-Solving

Below are some tips for avoiding some of the more common tube feeding problems.

■ Constipation

This is one of the most common tube feeding complications. Make sure to tell your physician about your constipation. Don't be shy — he or she needs to know to help resolve the issue.

Causes

- Lack of physical activity.
- Too little water is being given with the feedings.
- Medication, especially for pain.
- Lack of fiber in the tube feeding formula.

Prevention

- If permitted, increase your activity.
- Each person has a need for water each day in addition to the formula. Make sure to take your prescribed amount daily. If you are not sure how much water you need, contact your physician for help.
- Talk to your physician about the fiber content of your tube feeding formula.

■ Clogged Feeding Tubes

Feeding tubes can become clogged, which causes a delay in feeding and may result in a visit to your physician.

- If your tube becomes clogged, attempt to loosen the clog by gently flushing 10 to 20 mL of warm water into the tube with your syringe. Pull back and forth on the syringe plunger to help dislodge the clog.
- If the clog remains, call your physician or visiting nurse. If these resources are not available, go to the nearest emergency room for assistance.

Causes

- The most common cause is inconsistent flushing of the feeding tube.

Prevention

- Prevent clogged tubes by flushing your tube before and after each feeding, and before and after administering medication.

■ **Diarrhea**

Diarrhea refers to frequent loose stools. After starting your tube feedings, your stools may become softer or looser as you are taking liquid formula. This may not necessarily be diarrhea.

Causes

- Medications.
- The feeding rate is too fast.
- The tube feeding formula is too cold, which can cause cramping.
- The formula is contaminated by bacteria.
- Lack of fiber in the formula.

Prevention

- Infuse formula that is at room temperature.
- Do not exceed the recommended hang time.
- If using a feeding pump, reduce the rate of formula infusion.
- If using a gravity bag, slow down the infusion rate by adjusting the roller clamp.
- If using a syringe feeding, reduce the amount of formula given at one time, or give the amount of formula more slowly.

■ **Dehydration**

Causes

- Too little water.
- Frequent diarrhea.
- Prolonged fever.
- A wound that is draining a large amount of fluid.

Prevention

- Take your prescribed amount of water each day. If you are not sure how much water you need, contact your physician for help.
- Take additional water if you have prolonged diarrhea, fever or a draining wound and consult with your physician.

■ **Stomach Upset**

It is possible to experience symptoms of nausea, vomiting, bloating, belching, and/or general stomach upset when tube feeding.

Causes

- The feeding rate is too high.
- The formula is too concentrated.
- The tube feeding formula is too cold, which can cause cramping.

Prevention

- If your feeding rate is too high, try reducing the rate to the last comfortably tolerated rate.
- For syringe feeding, if you feel bloated at the time of feeding, wait an hour before giving your next feeding.
- If gravity feeding, use the roller clamp on the feeding bag to slow down the feeding rate.
- If pump feeding, you may need to decrease the feeding rate. Contact your physician for assistance.
- Try to rest an hour or so after the feedings, and avoid exercise after the feeding session.
- Sit upright in a chair or on the couch when feeding; do not lie flat. Always make sure your head is raised 30 degrees, even if you are in bed.

■ **Infection**

Causes

- Not using a new feeding bag each day.
- The feeding tube site has not been cleaned.
- Failure to wash hands before mixing the formula or touching the tubing.
- Formula was opened and sitting at room temperature or in feeding bag for greater than 12 hours for carton liquid formula, or greater than 4 hours for powdered formula.
- Formula was opened and in the refrigerator for more than 24 hours.

Prevention

- Use a new feeding bag each day.
- Wash your hands with soap and water before preparing formula or coming into contact with the tubing.
- Clean your tube site daily as directed by your physician.
- Make sure any unused open formula is discarded after 24 hours in the refrigerator.
- Do not allow the tube feeding formula to hang for more than the recommended time.
- Infuse all of the formula in the feeding bag before adding more formula; rinse the bag with lukewarm water once all formula is infused; then add the fresh formula.

When to Call Your Physician

Call your healthcare team when you have:

- Nausea, vomiting, or heartburn
- Diarrhea
- Constipation
- Weight loss
- Decreased urine, mouth dryness, fever, which could be signs of dehydration
- Swelling, drainage, soreness, or redness from the feeding tube site
- Frequent tube blockage

In a medical emergency, call 911.

The information provided in this booklet should not replace any medical advice from your healthcare professional or the manufacturer's product information, directions for use, and instructions.

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Tube Feeding Traveling and Emergency Kits

Preparing kits in the event of an emergency or for traveling is highly recommended. Use the information below as a guide.

- Plan on enough for 2 to 3 days' worth of supplies for emergencies.
- If traveling, ensure enough supplies to last the length of your trip, including the time to get to and from your destination.

When traveling to another country, please contact TSA and if necessary, a U.S. embassy in regards to customs and any special procedures and/or forms required for your tube feeding and medical health supplies. Learn more at TSA.gov.

Supplies for Your Traveling and/or Emergency Kit

Here are some resources about preparedness and general guidelines for what to include your tube feeding kit. Check with your healthcare team about anything else you may need.

The Oley Foundation

www.oley.org/page/emergencyprepared

Feeding Tube Awareness Foundation

www.feedingtubeawareness.org/troubleshooting/emergencies/preparedness/

CDC Personal Health Preparedness

www.emergency.cdc.gov/preparedness/index.asp

Department of Homeland Security

www.ready.gov

For Pump Feeding

- Keep your pump running on its charger whenever you are home, so it will be more likely to be partially or fully charged during a power outage.
- To prepare in case of emergency, ensure you will have electric power or backup power available. If you will not have power, contact Apria's Enteral Nutrition Support Team and your healthcare provider to discuss an alternative method of feeding.

Patient Information

This section can be used to record information that may be helpful for future reference by you and your healthcare team.

Patient's Name _____ Date of Birth _____

Important Contacts and Phone Numbers

Physician _____ Phone _____

Emergency Contact _____ Phone _____

Home Health Agency _____ Phone _____

Supplies/Equipment Company Apria Phone Continental U.S. (844) 260-1788

Phone Hawaii (800) 454-5672

Home Tube Feeding Orders

The prescription provided by your physician may be recorded in the section below.

Formula name _____

Amount of formula per day (number of cartons or mL volume): _____

Formula provides per day: Calories _____ Protein _____ Fiber _____ Water _____

Feeding Method: Syringe Bolus Feeding Gravity Feeding Pump Feeding

Feeding Schedule:

If Syringe Bolus or Gravity Feeding:

Volume _____ per feeding (total mL or # cartons), _____ times per day, at the following times:

If Pump Feeding:

Pump rate _____ mL/hr for _____ hours per day Water Flushes _____

Start time and end time (if applicable) _____

Advancement Schedule _____

Water Flush Schedule:

Flush feeding tube with _____ mL water every _____ hours, at the following times:

Water flush before feedings _____ mL Water flush before medications _____ mL

Water flush after feedings _____ mL Water flush after medications _____ mL

Special Instructions _____

Supply Information

Feeding Method Container:

Type _____ Manufacturer _____ Changed every _____ (hours or days)

Feeding Tube:

Type _____ Manufacturer _____ French Size (Fr) _____

Length (cm) _____ (if button/low-profile G-tube or NG-tube) Balloon volume (mL) _____ (if a balloon G-tube)

Feeding Tube Extension Set (if button/low-profile feeding tube):

Type _____ Manufacturer _____ Changed every _____ (days)

Daily Diary

You can use the Daily Diary for monitoring your weight, formula and water intake, tube site condition and other information regarding your tolerance to home tube feeding therapy.

Daily Diary

Month _____

Formula Name _____

Metric Conversion Table (Liquids)

STANDARD:	1 tablespoon	1 fluid ounce	1 cup	1 quart
METRIC:	15 mL	30 mL	240 mL	960 mL
	(1 cc = 1 mL)			

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Date							
Weight							
Amount of Formula Taken							
Water Taken							
Other Food or Fluid							
Stool Frequency							
Stool Consistency							
Condition of Tube Site (Clean, Leaking, Red, Sore)							
Temperature							
Physical Activity							

Daily Diary

Month _____

Formula Name _____

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If you have questions about your enteral nutrition therapy,
please contact one of Apria's Enteral Nutrition Specialists

Continental U.S. (844) 260-1788
Hawaii (800) 454-5672

Visit us at **Apria.com**

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<https://www.Apria.com/services/enteral>