



Home Care Services

HomeMed • MedEQUIP • Wheelchair Seating Service

GRAVITY TUBE FEEDINGS

STARTING YOUR FEEDINGS AND INCREASING TO GOAL

NUTRITIONAL GOAL: _____ cans of _____ per day
and _____ cups (_____ oz) of WATER per day.
(see attached handout for your sample feeding schedule)

If you have not been eating very well prior to getting your feeding tube placed, your stomach may not be able to stretch as easily, causing you to feel full very quickly. This makes it hard to take a large amount of formula through your feeding tube for the first few days. It is recommended that you start with $\frac{1}{2}$ can for your first few feedings and increase the amount every day. You may only be able to take 1-3 cans of formula the first few days. Try to increase by $\frac{1}{2}$ can per feeding as tolerated until you reach your goal. (Start with $\frac{1}{2}$ can per feeding, then increase to 1 can per feeding and up to $1\frac{1}{2}$ or 2 cans per feeding).

IMPORTANT

It may take about one week to reach your goal amount of formula per day. It is very important to try to give yourself additional water during this week so that you don't get dehydrated. FOR EVERY CAN OF FORMULA YOU ARE NOT ABLE TO TAKE, YOU SHOULD INCREASE YOUR WATER INTAKE BY ABOUT ONE CUP (8 oz).

Please call a HomeMed Dietitian if you have any questions or if you are not able to reach your tube feeding goal within 1 week of starting the feedings.

HomeMed
800-862-2731