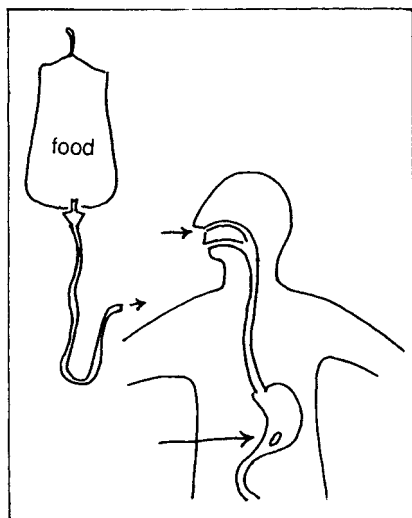


Enteral Nutrition (Tube Feeding)

Stark County Health Department
Community Nutrition Clinic
3969 Convenience Circle NW
Canton, Ohio 44718
330.493.9917



WHAT IS ENTERAL NUTRITION?

Enteral (ent-er-ul) nutrition is used to help someone when they are not getting enough nutrition or can't eat anything. A tube is used to help get food into the person.

The tube is very carefully put into the person's throat or into the stomach. The doctor or nurse will show you how he or she puts the tube in.

HOW DO I GET FOOD THROUGH A TUBE?

Once the tube is in the right place, food products made for tube feeding are put down the tube. The food is kind of like a shake, and has lots of vitamins and minerals, and other nutrients your body needs to work well.

THESE ARE DIFFERENT WAYS YOU MIGHT GET FOOD:

Continuous (kon-tin-u-us) Drip

Most times, you can pass food through the tube during the day. A small, easy-to-use pump makes sure the right amount of food goes through the tube. This is called **continuous drip**.

Intermittent (in-ter-mit-ent) Administration

Sometimes the food is taken like a meal. There can be four to six feedings a day using this method. The feedings can last from 15 minutes to an hour.

continues

continued

A pump makes sure the right amount of food is given if the feeding does not run smoothly by itself. This is called **intermittent administration**.

Bolus (bowl-us) Administration

Sometimes the food is given in what is called a bolus. This is like eating a meal. The feeding takes from 5 to 15 minutes for the food to go down the tube. This kind of feeding is given four to six times a day. This is called **bolus administration**.

What do I need to do?

It's very important to keep the tube in the right place, so make sure you don't move it by accident. The tube will need to be flushed out with a small amount of water after each use.

Your doctor or nurse will show you how to take care of your tubes and what to watch out for. Please make sure you ask any questions you have!

NOTES: