

Nutrition and Your Tube Feeding

Your Tube Feeding Schedule

Name of tube feeding formula: _____
Type of feeding tube: _____
Total amount of tube feeding needed per day: _____
Total amount of water needed per day: _____
Recommended schedule for tube feeding and water: _____

If you have questions about your formula, please call your dietitian,
_____, at (614) _____.

Home infusion provider: _____,
at _____.

This handout is for informational purposes only. Talk with your doctor or health care team if you have any questions about your care.

Handling and Storage

- Wash your hands with soap and warm water or use an alcohol based hand sanitizer before giving your tube feeding.
- Do not put anything down your tube other than your formula, water or medicines unless it has been first approved by your dietitian or member of your health care team. It is okay to use any tap, bottled, distilled or sterile water in your tube. **Do not** use well water.
- Store your formula at room temperature until it has been opened.
- If you are using formula that was refrigerated, it is best to keep your formula at room temperature for at least 20 minutes before feeding. This can help prevent stomach upset and cramping.
- Clean the top of your formula container before you open it.
- Once you open your formula, write the date and time on the container and store it covered in the refrigerator within 4 to 8 hours.
- Throw away any leftover refrigerated formula after 24 hours from the time it was opened.
- Follow any additional instructions on the formula product label.

Weights and Measures

The following weights and measures may be helpful to make your tube feeding formula at home:

1 liter = 1,000 mL or 1.06 quarts

1 milliliter (mL) = 1 mL

1 ounce = 30 mL

1 cup = 8 ounces or 240 mL

1 quart = 4 cups

Purchasing Formula

You may have health insurance coverage for your tube feeding formula. Your hospital discharge planner can work with you to get your formula at home.

Your tube feeding formula at home may be different from what you were taking in the hospital. Home tube feeding formula most often comes in cartons to help reduce waste.