



**HANDI**  
MEDICAL SUPPLY



**ENTERAL NUTRITION  
INSTRUCTIONAL  
BOOKLET**

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**Thank you for choosing Handi Medical Supply  
for your home care needs.**

**You can reach us by calling 651-644-9770 or 800-514-9979**

Disclaimer: This Instructional Booklet is to be for general information only.

Please refer to your health provider for health concerns.



## FEEDING PLAN

### Tube Type:

\_\_\_\_\_ G (gastrostomy or PEG)

\_\_\_\_\_ NG (nasogastric)

\_\_\_\_\_ J (jejunostomy or PEJ)

\_\_\_\_\_ NJ (nasojejunal)

### Settings:

\_\_\_\_\_ Enteral Pump

\_\_\_\_\_ Gravity Drip

\_\_\_\_\_ Syringe (Bolus)

### Feeding Schedule:

Formula: \_\_\_\_\_

Amount of formula per/day: \_\_\_\_\_

Feeding schedule: \_\_\_\_\_

Amount of each feeding: \_\_\_\_\_

Additional water: \_\_\_\_\_

### Feeding Method:

Hourly feed rate: \_\_\_\_\_ mL/hour

or

Gravity drip rate: \_\_\_\_\_ drops/minute

### Flush Amount:

(60 cc syringe to be used)

Before feeding: \_\_\_\_\_ mL    Before medications: \_\_\_\_\_ mL

After feeding: \_\_\_\_\_ mL    After medications: \_\_\_\_\_ mL

During continuous feeding: \_\_\_\_\_ mL

Every \_\_\_\_\_ Hours

## GETTING STARTED

### What is home tube feeding?

All people need food to live. Sometimes a person cannot eat any or enough food because of an illness. The stomach or bowel may not be working quite right, or a person may have had surgery to remove a part or all of these organs. Nutrition must be supplied differently because of those conditions.

Enteral (En-ter-al) nutrition is another way people can receive the food they need. Also called “tube feeding,” enteral nutrition is a mixture of all the needed nutrients. It is thicker and sometimes it looks like a milk shake. It is given through a tube in the stomach or small intestine.

## FEEDING METHODS

### Syringe Feeding

A syringe is used to push formula directly into your stomach. This is also called the bolus method. Through this method, a 60cc (2 ounce) syringe pushes the formula through the feeding tube. The syringe can also be used to flush the tube with water to keep it clear and open or to administer medication.



### Gravity Feeding

A gravity feeding bag set is used to administer the formula. The force pulls a measure amount of formula from the bag into the tube and then your stomach. There is a roller clamp on the gravity bag which allows you to slow down or speed up your feeding as desired.





## Pump Feeding

An electric or battery operated device controls the delivery of formula to you through a controlled flow rate every hour over a specific amount of time in each 24 hour day. A feeding pump is prescribed by your physician or health professional.



## WARNINGS

Always wash your hands prior to working with your feeding tube or equipment.

For more information please see the card provided in the folder that details when and how to wash your hands.

### What problems may I have?

With many different types of medical therapies, people respond differently to certain formulas and feeding methods. Because of this, problems may arise. By following your care plan from your health professionals and taking extra precautions, you can avoid some of these situations.

Below maybe some of the situations that could happen:

- Clogged feeding tubes
- Diarrhea
- Constipation
- Dehydration
- Upset stomach
- Infection

## When to Call Your Doctor or Health Professional

Below is a guideline for when to contact your doctor or health professional:

- Diarrhea ( more than 2-3 days)
- Chronic constipation for period of time (more than 2-3 days)
- Nausea, vomiting or heartburn that continues
- Weight loss
- Symptoms of dehydration (decreased urination, mouth dryness, fever)
- Swelling, redness or drainage from the feeding tube site
- Continuous tube blockage
- Any unusual circumstances that have caused your tube feedings to be discontinued more than a day

If your healthcare professional has given you exact instruction when to call, please follow their guidance.

NOTE: Always remember if any life-threatening emergency should happen you must use your emergency services and seek immediate medical attention. Handi Medical Supply is not your emergency provider.

## ENTERAL PUMP

### Safe practices when using pump

- Dedicated grounded outlet (“Joey” Enteral Pump has an internal battery and will operate if power is loss in home)  
See Pump Manual
- AC power cord has electrical current, so always unplug your power cord from outlet when not plugged into pump



- Always follow your doctor's prescription
- Always follow your flushing instructions prior to and after feedings, or for medication administration
- Always look at error codes and alarms. Call your home care provider if you cannot trouble shoot on your own
- Always make sure you are using correct pump bag
- Never mix or use alternative nutrients without consult from healthcare professional  
(Examples: smoothies, whole fruits, etc.)
- Never lie flat during feeding

## **Setting up equipment and supplies**

- Attach Enteral Pump to bracket on pole
- Gather formula
- Position IV pole near where you will be administering feeding
- Pump-set bag for your formula (unless using prefilled bags)
- Use a dedicated, grounded outlet for the pump. ("Joey" Enteral Pumps have an internal battery and will operate up to 18 hours depending on flow setting.) See Pump Manual
- Verify prescription of flow rate and type of formula prior to administering feedings
- Position yourself half upright in chair, on couch, or standing and walking around
- Position your head and upper body up at least in 30-45 degree angle during feeding and for 20-30 minutes after to prevent aspirating (getting) food into lungs. **DO NOT LIE FLAT DURING FEEDING**

- Pour the formula into the bag. (TIP: use a funnel or a small measuring pitcher for easy pouring) then close lid and hang bag on IV pole
- Turn pump ON and keep or clear settings if directed
- “LOAD” your feeding bag
- “PRIME PUMP” if directed
- “SET” the feeding “RATE” prescribed by your physician
- Once pumps feed rate is set then you will be able to attach feeding bag tubing to your stomach tube
- “RUN” pump

NOTE: Follow Quick Start Guide in Pump Manual to set pump and operate. When flushing your tube, always follow your healthcare professional’s instructions.

## **Replenishment of supplies and food**

- If you have any unused formula, you can refrigerate it for up to 48 hours. After than it should be thrown out
- Always check your feeding bag, syringes, sponge dressing supplies as well as your formula (food)
- Order in advance - do not leave yourself short on supplies
- Handi Medical Supply uses local delivery services to provide the best and most efficient replenishment for you
- There are no deliveries on weekends





- You can pick up supplies at our location Monday through Saturday. Please see contact information at the back of this booklet for our address and hours
- If your doctor has changed your prescription, Handi Medical Supply should be notified immediately so your feedings are not interrupted

## INFECTION CONTROL

Below are some things you can do to reduce the risk of infection:

- Storage and cleaning of items.
- WASH HANDS, WASH HANDS, WASH HANDS (Forgetting to wash hands in between cares such as: bathroom, lunches, etc. is the number one cause of spreading infection)
- The manufacturer recommends not washing food bags. Instead, throw them out every 24 hours.
- Take care of your tube feeding sites. Skin care and early detection of infection.
- Observing food storage directions. Toss what is not used, refrigerate what can be used.
- Most of the supplies are disposable. Check with your healthcare provider if there are any items for cleaning.
- Wipe cans off before using.
- Adequate oral hygiene. You might not be able to eat or drink, but good mouth care is still important. Brush your teeth, gums, and tongue with toothbrush and small amount of toothpaste at least twice a day. Mouth wash or rinse with water to freshen mouth. If bleeding or mouth troubles occur, contact your doctor.

## MANAGING MY SUPPLIES

- A Handi Medical Supply employee will bring enough supplies to get you started.
- The Handi Medical Supply employee who does your initial pump instruction will also go over with you or your family some ideas of storage and replenishment.
- A larger order can then be placed for your food and supplies. After the initial order, you can reorder supplies monthly based on what is allowed by your insurance.
- You can easily reorder your supplies through our website at [www.handimedical.com](http://www.handimedical.com). We also have a reminder call program in which you receive a call every month when it is time to place a reorder. To be added to this program, please contact our customer service department at 651-644-9770.

## MY HEALTHCARE PROFESSIONAL

Your ordering physician:

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Phone number:

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Clinic:

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## HOME CARE EQUIPMENT COMPANY

### **Handi Medical Supply – Headquarters**

2505 University Ave W., St. Paul, MN 55114

**Phone:** 651-644-9770 or 800-514-9979

**Fax:** 651-644-0602

**Hours:** Monday through Friday: 8:30 a.m.-5 p.m.  
Saturday: 9 a.m.-3 p.m.

### **Handi Medical Supply – Mankato Branch**

1400 E Madison Avenue, Suite 618, Mankato, MN 56001

**Phone:** 507-779-7560

**Fax:** 507-779-7561

**Hours:** Monday through Friday: 8:30 a.m.-5 p.m.

**Website:** [www.handimedical.com](http://www.handimedical.com)

### **Other services provided:**

Durable medical equipment, wound care, ostomy, incontinence and urological supplies, respiratory needs, mobility devices and aids to daily living.

### **Feedback:**

Of course you may call anytime and speak with any of our team members. We will also send out a survey for you to fill out at your convenience.

### **Resources:**

Covidien Healthcare • VGM University • Abbott Nutritional Services



## TWIN CITIES



2505 University Ave W  
St Paul, MN 55114



651-644-9770

800-514-9979

651-644-0602 *fax*



[www.handimedical.com](http://www.handimedical.com)

## MANKATO

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