



## Nutrition Support Therapy FAQs about Home Tube Feeding

### Who needs tube feeding?

Tube feeding is needed by individuals who cannot eat or drink enough to meet their daily nutritional needs.

### What is tube feeding?

Tube feeding provides a nutritionally complete, liquid formula directly into the stomach or intestine through a flexible, hollow tube. Specialized formulas are available for people with digestive or metabolic disorders. Option Care registered dietitians can work with your physician to determine the best formula to meet your individual needs.

### How will the tube feeding be given?

Most people will have a percutaneous [pur-kyoo-TEY-nee-uhs] endoscopic [en-do-SCOP-ic] gastrostomy [gas-TROST-o-my] or PEG feeding tube placed by a gastroenterologist (a digestive disease specialist). Usually this procedure requires little, if any, hospital stay.

Your doctor may recommend one of two ways of feeding for you:

1. That you take “bolus” or recurring feedings throughout the day. If so, you will receive a determined amount of liquid formula through the tube several times a day, just like small, frequent meals.
2. That you take “cyclic” or continuous feeding. In this case, formula is delivered into the feeding tube slowly throughout the day and/or night. In some instances this type of feeding may require a feeding pump.

Your nurse or dietitian will obtain orders from your physician and discuss with you how much formula and water you need each day in order to meet your nutritional needs.

### How will I learn to do tube feedings?

Your nurse or dietitian will work with you and your family until you are confident in knowing exactly how to prepare for the feeding procedure. You will also receive step-by-step written instructions. Be sure to call your Option Care office with any questions or concerns. They are available 24/7.

### How do I receive my formula and supplies?

After your doctor places an order with Option Care, everything you need will be delivered to your home in a timely, safe and professional manner.

### Will my insurance cover the tube feeding?

- Benefits vary according to individual insurance plans. Your Option Care patient care coordinator will work with your insurance provider on your behalf.
- Financial arrangements will be discussed with you before your service begins.

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### **How long will I require tube feeding?**

- Some people only need to be tube fed for a short period of time. Others need to remain on therapy for a longer period. The length of time varies with each individual. Talk to your doctor if you have any questions or concerns.

### **What resources are available to me?**

In addition to contacting your local OptionCare office with questions or concerns, you can also contact the Oley Foundation, a non-profit organization that provides information and support for nutrition support patients. All Oley Foundation services and educational materials, including a bi-monthly newsletter, are provided at no cost to patients and their caregivers. To learn more about the Oley Foundation and its services, call 800-776-6539 or visit them at [www.Oley.org](http://www.Oley.org).

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