

# Clinician Checklist for Discharging Patients on Enteral Nutrition

**Before sending referrals to a home tube feeding company,** ensure the following have been addressed:

- Is the patient on a standard formula?**  
If the patient is on a specialty or condition-specific formula, has a standard formula been tried, and is there a clearly documented reason why a specialty formula is needed (intolerance to standard, malabsorption, altered lab values, etc.)?
- Is the patient on a bolus tube feeding regimen?**  
If the patient is not on bolus feeding, has bolus been tried yet or is there a contraindication to bolus (post-pyloric feeding tube, J tube, altered GI anatomy) and is there clear documentation of why the patient is unable to do bolus feeds?
- Is the patient tolerating the goal tube feeding regimen that they will be going home on or do adjustments need to be made?**
- Is the patient's home tube feeding regimen written in easily measurable volumes?**  
Suggest rounding to the nearest whole or half carton per day and per feeding, if feasible. Write regimen in terms of cartons, instead of mL or ounces (e.g. round to 4 cartons per day, rather than 1085 mL per day, if using 237 or 250 mL cartons; round to 1.5 cartons per feeding rather than 390 mL per feeding, if using 237 or 250 mL cartons).
- Does the patient's tube feeding regimen meet their hydration requirements?**  
Ensure order includes appropriate water flushes to meet their hydration needs.

Once the above have been addressed, work with the case manager and/or provider to refer patient to a home enteral nutrition company that will accept their insurance and can provide services to patient's area:

- Has a referral been sent to a home enteral nutrition company(s) and is there an accepting company?
- Has the home enteral nutrition company obtained insurance authorization?
- Is insurance going to cover 100% of home infusion costs? Is there any out-of-pocket expense, and if so, is the patient able to afford the cost?
- Will supplies be delivered to the hospital or to the patient's home?
- If supplies are delivered to the patient's home, will they be delivered prior to the patient getting home? If not, ensure enough supplies and formula are sent home with the patient to cover them until their home delivery is anticipated.

## While the above is being coordinated:

- Provide the patient and/or support person with education on their home tube feeding regimen (formula name, amount of formula to be given each day, feeding method, feeding schedule, etc.). Include the volume of water needed, in addition to formula, to meet hydration needs.
- Coordinate hands-on education and practice giving feedings, flushes, and medications. This can be done with the nurse, provider, or a representative from the home infusion company.

The creation of this checklist was led by Juliana Stonier, RD, CNSC, and Christopher Sprinzyk, RDN, CNSC, and the ASPEN Enteral Nutrition Education Sub Committee 2025.