

Discharge Checklist for Patients on Enteral Nutrition

Before you leave the hospital, make sure you can answer the following questions:

Am I tolerating my tube feeding prescription well?

Talk to your healthcare team if you are having problems like nausea, bloating, constipation, or diarrhea. Your team can try a different formula, adjust your feeding schedule, or change your feeding method.

Have I been taught about my tube feeding prescription?

You should know the name of your formula, feeding method, feeding schedule, and how much formula you need to take each day. You should also know how much water you need each day to stay hydrated.

Have I been taught how to use my feeding tube to give formula, flushes, and medications?

Your nurse, dietitian, or a team member from your home tube feeding supplier can show you how to use your feeding tube. You should practice connecting, disconnecting, giving formula, and flushing your feeding tube before you leave the hospital.

Who will provide my home tube feeding formula and supplies?

Home tube feeding supplier: _____ Phone number: _____

Which healthcare provider or clinic will manage my tube feeding prescription at home?

A doctor or other medical provider will approve any changes to your tube feeding prescription at home. This is often your primary care doctor. It could also be a provider in a specialty clinic.

My Tube Feeding Prescription

Formula name: _____

Amount of formula per day: _____

Amount of additional water per day: _____

Feeding method: syringe bolus gravity bag
 pump elastomeric

Type of feeding tube: _____

Type of feeding tube connection:
 ENFit Legacy Other: _____

Feeding schedule: _____

Feedings provide (calories, protein, water, fiber):

- **Water flushes are important to keep you hydrated.** Fluid needs can change over time and may increase when the weather is warm or when you are sick.
 - Signs of dehydration include increased thirst, dry mouth or skin, decreased and/or dark urine, rapid weight loss, headache, light-headedness, weakness, or flushed skin.
- **Remember to flush with at least 30 mL water every 4 hours,** before and after each medication, and whenever you stop the feeding. This will help prevent tube clogging.
- **If the feeding tube gets clogged,** use a syringe of warm water to help unclog it. Connect the syringe to your tube, then pull back and forth gently on the syringe plunger.
 - Call your doctor if you cannot unclog the tube with warm water.
 - Do not use cola or juice to unclog the tube as this can damage the tube.