

Jejunostomy feeding tube care advice

Information for
patients

NAME	
NHS NUMBER	
TUBE TYPE (MANUFACTURER)	
TUBE SIZE (FR)	
DATE OF PLACEMENT	

Caring for your tube

Hand hygiene

Always wash your hands before handling your feeding tube or jejunostomy site.

Flushing your tube

Always flush your tube with cooled, boiled water before, after and between medicines, and before and after all feeds. Your dietitian will be able to recommend the amount of water to use. If you are not currently using your tube, ensure you flush it at least once per day, with 30 mls of cooled, boiled water to keep the tube patent.

Do not put anything down the tube other than feed, water or medicines. Check with your GP or pharmacist that all your medicines are in liquid / syrup form and can be given via the jejunal route. If your feeding tube blocks, follow the advice on page 11 of the "Your Guide to Using Your Feeding Tube at Home" booklet.

Checking your tube

If your tube has an external fixation plate, this should be positioned against your skin. Please make a note of the length of your tube. If your tube is stitched in place, check the stitches daily. If they have become loose or come out, contact your community nurse, company nurse or dietitian.

Balloon style tubes

If your tube has a water filled balloon, the water will be changed every 2 weeks. Community nurses will do this for you or teach you how to do it if this is appropriate. The tube will also be changed every 12 weeks by a nurse at home or a nurse at the hospital.

Rotating your tube

Some jejunostomy tubes need to be rotated daily. If this applies to you, you will be shown how to do this. If you are not shown how to do this, please do not try to rotate your jejunostomy tube.

Feeding through your tube

Feed is being given directly into your small bowel / intestine. This part of your intestine can hold a much smaller volume than your stomach. This may mean your feed needs to run for long periods. If you experience discomfort, bloating or diarrhoea, check that you have given your feed / water at the volume and rate recommended in your feeding regimen. If your symptoms continue or you have difficulties fitting in your regimen around daily activities, contact your dietitian for advice.

Positioning during feeding

When you are feeding, particularly during the night, ensure you are propped up with pillows. This will allow the liquid feed to move through your gut properly preventing you from being sick.

Looking after your skin

It is important that the entry site of your jejunostomy feeding tube remains clean and dry to prevent any infections. If there are no signs of infection and the site has healed, gently clean the site daily with mild soap and warm water. If there are stitches at the tube site, carefully clean round them.

Only use a dressing around your tube entry site if you have been advised by your nurses or doctor. Avoid using cotton wool, talcum powder or creams on your tube entry site.

If you have any signs of swelling, redness, odour or irritations, contact your community nurse, company nurse or dietitian for advice. Some clear discharge may be present, this is normal.

Tube position

NEVER GIVE A FEED IF YOU ARE UNSURE OF YOUR TUBE POSITION

If the position of the tube appears to have altered e.g. moved in and out, contact your community nurses or feeding company helpline for advice. Do not put anything down your tube if you are concerned about its position.

If your tube falls out, you will need to arrange a replacement as soon as possible as the tube entry site can close up completely very quickly. Contact your community nurse, if you have one, or your company nurses. It may be necessary for you to attend your nearest hospital. Please take the tube with you so that it can be checked and so that hospital staff know the type and size to replace it with.



What did you think of your care?

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