

Name: _____

Date: _____

Your current weight: _____

Your estimated nutritional requirements:

- Calories: _____ calories per day
- Protein: _____ grams per day
- Fluid: _____ mL per day

Tube Feed Schedule

Date	Time	Amount of Formula	Water Flushes

1 syringe = 60 mL water, 2 syringes = 120 mL water

Important Notes:

- Follow this schedule closely to prevent problems such as nausea, vomiting, stomach fullness, bloating, constipation and diarrhea. If you have these symptoms, refer to your Tube Feeding at Home guidebook for tips to help manage them.
- Your tube feed schedule may need to be adjusted as your condition changes.
- Weigh yourself every week.
- Contact your dietitian if you are concerned about your weight or if you have questions about your tube feed schedule.
- It is important to continue eating and drinking if you are able.
- You may adjust your tube feed intake based on the amount you can eat at meals.
- At meal times, eat what you can first and then do your tube feed to top up your intake. For example:
 - If you eat 25% of a normal meal or less, do a full tube feed.
 - If you eat 50% of a normal meal, do half of your tube feed.
 - If you eat 75% of a normal meal, do ½ bottle of tube feed.
 - If you eat 100% of a normal meal, you do not need to do a tube feed. Make sure you flush your tube with water at least twice each day.

Your Tube Feed Supplies

Formula: _____

Alternate Formula: _____

Syringe: _____

You may also need:

Feeding Set: _____

IV Pole: _____

Pump: _____

Other: _____

Where to Buy Your Tube Feed Supplies

Talk to your dietitian for more details.

Where to Rent an IV Pole

Canadian Red Cross – Talk to your dietitian for more details.

Visit our website: www.bccancer.bc.ca