

Switching from a tube feed to a regular diet

As your side effects improve you will be able to start eating again. You will slowly start to eat more by mouth and use your feeding tube less. You will likely still need to take some nutrition through your tube during this time.

While you are eating and using the tube, you want your weight to stay the same or to go up. This means you are getting enough nutrition. If you have a weigh scale at home, weigh yourself 2 or 3 times a week. If you do not have a scale, check how your clothes fit.

If you are losing weight or your clothes feel looser, you may not be getting enough nutrition. You will need to eat more or take more nutrition supplements through your feeding tube.

Here are some suggestions to help you switch from tube feeds to a regular diet.

1. Take part or all of the supplements by mouth if you can drink them. The rest can be taken through your feeding tube.
2. When your side effects improve, try eating a small amount of food at meal times.
3. Decrease the amount of supplements taken through the tube by 1 to 2 cans a day. This may help to increase your appetite.
4. Pay close attention to your weight. You want to maintain your weight with what you are eating and taking through your tube.

If your weight is staying the same	If you are losing weight
<ul style="list-style-type: none"> Continue eating and using your tube. When you can eat more, decrease the amount of supplements taken through your tube. 	<ul style="list-style-type: none"> Take 1 or 2 more supplements through your tube. Continue eating what you can.
<ul style="list-style-type: none"> Pay close attention to your weight. 	<ul style="list-style-type: none"> Pay close attention to your weight. You want to maintain your weight with what you are eating and taking through your tube.
<ul style="list-style-type: none"> Do the above until you are not taking any supplements through your tube. The tube can be removed when you have not used it for 2 weeks. Your weight must also stay the same or go up. 	<ul style="list-style-type: none"> When you can eat more, reduce the amount of supplements taken through your feeding tube. Do the above until you are not taking any supplements through your tube. The tube can be removed when you have not used it for 2 weeks. Your weight must also stay the same or go up.



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