

# Nutrition

## GI Tract Anatomy

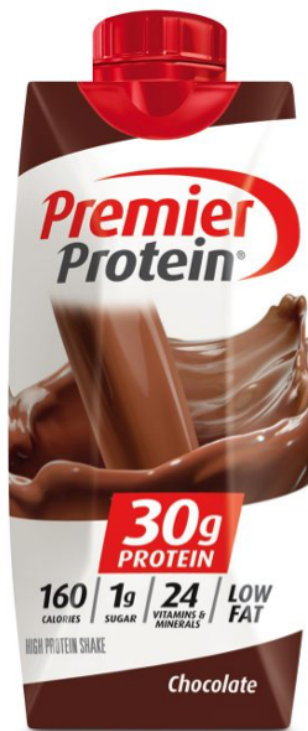
- Esophagus delivers food to the stomach
- Stomach stores food and delivers it in small quantities to the jejunum
- Jejunum begins digestion in the small intestines



### Protein Needs

- Men: Average 75 grams/day
- Women: Average 60 grams/day

Protein Shakes provide protein with minimal sugar



## Feeding Tubes





## Gastrostomy Tube

### Feeding Gastrostomy

- Feeding with a syringe several times per day.
- Tube can be hidden underneath clothing
- Tube does not interfere with eating by mouth

- Removed easily in the office when no longer needed

## **Gastrostomy Tube Methods**

A gastrostomy tube can be placed either by endoscopy, which is called a PEG tube

A gastrostomy tube can also be placed by laparoscopy, which is usually preferred if surgery on the esophagus is planned in the future.

Your surgeon will help you decide which kind of tube is best for you. This is especially important if you will need esophageal surgery in the future, as the stomach is frequently used to make a new esophagus

## **Gastrostomy Tube**

- Outpatient Placement (go home the same day)
- Central venous port can be placed at the same time (if needed)

## **Jejunostomy Tube**

- Nutrition to bypasses the esophagus and stomach
- Placed in small intestine
- Pump administers feedings slowly
- Feeding usually done at night



### Jejunostomy Typical Regimen

- Jejunostomy tube feeds for 16 hours (6pm-10am)
  - Men: 75mL/hour x 16 hours = 5 cartons
  - Women: 60mL/hour x 16 hours = 4 cartons
- Water 240ml (8oz) via syringe 4x/day

Hospital nurses will teach use of the feeding tube

### **Jejunostomy Feeds with Diabetes**

Jejunostomy feedings elevate blood sugars

- Insulin may be required along with feeds

Typical Pattern for tube feeds

- Feeds run via pump from 6pm to 10am
- Insulin at 6pm (70/30 insulin)
- Insulin at Midnight (70/30 insulin)
- No insulin if tube feedings are not run

### **Jejunostomy Video**

A video is available to help become familiar with the feeding jejunostomy



