

# 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

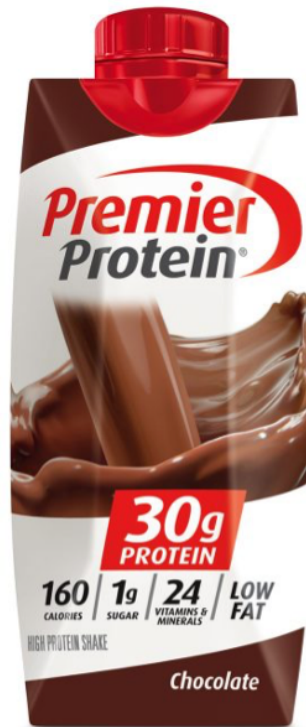


### Protein Needs

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

## Protein Shakes

Protein Shakes can provide protein with minimal sugar



Protein Shakes

## Feeding Tubes



Jejunostomy = Small Intestine



Gastrostomy = Stomach

## **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**

The other type of feeding tube is a jejunostomy.

A jejunostomy tube is placed into the small intestines. Because the small intestine is used to receiving food in small quantities, a jejunostomy tube requires the use of a pump to deliver feedings gradually over a matter of hours.

In general, feedings are done at night in order to allow you to be active during the day

## **Jejunostomy Video**

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



Gastrostomy = Stomach