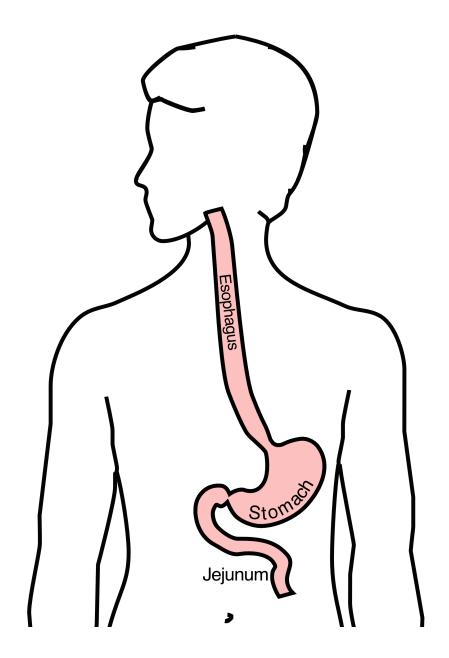
Nutrition

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

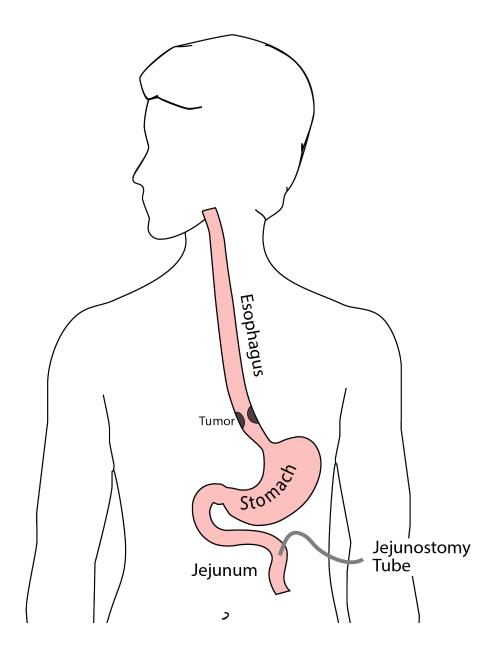
Men: Average 75 grams/dayWomen: Average 60 grams/day

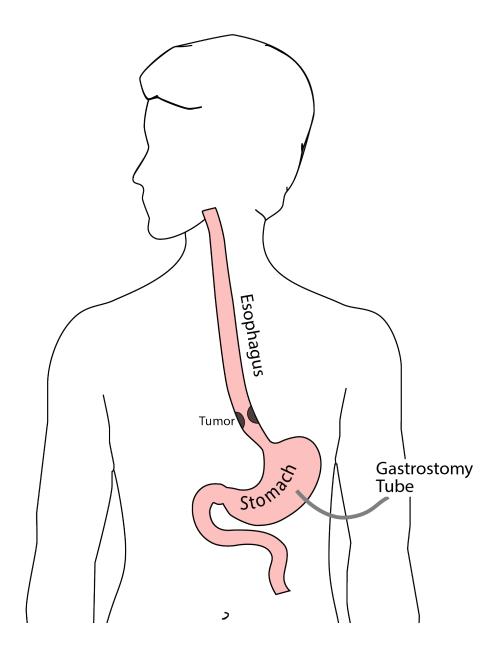
Protein Shakes provide protein with minimal sugar





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

PEG: Tube placed by endoscopy

Laparoscopic: Tube placed surgically by laparoscopy

Preferred method depends upon whether esophagectomy is planned

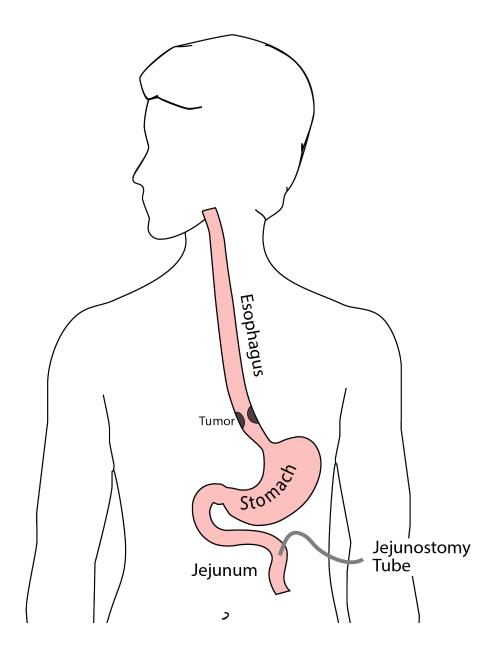
Gastrostomy Tube

• Outpatient Placement (go home the same day)

• Central venous port can be placed at the same time (if needed)

Jejunostomy Tube

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



Jejunostomy Typical Regimen

- Jejunostomy tube feeds for 16 hours (6pm-10am)
 - Men: $75mL/hour \times 16 hours = 5 cartons$
 - Women: $60 \text{mL/hour} \times 16 \text{ hours} = 4 \text{ cartons}$
- 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

