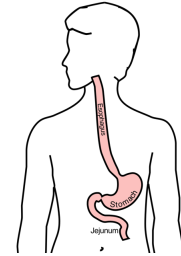


## Nutrition

1

## 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



2

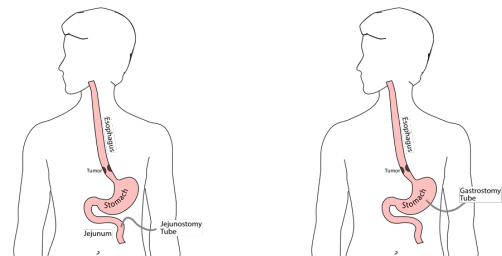
## Protein Needs

- Men: Average 75 grams/day
  - Women: Average 60 grams/day
- Protein Shakes provide protein with minimal sugar



3

## Feeding Tubes



4

## 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

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## Gastrostomy Tube Methods

PEG: Tube placed by endoscopy

Laparoscopic: Tube placed surgically by laparoscopy  
Preferred method depends upon whether esophagectomy is planned

6

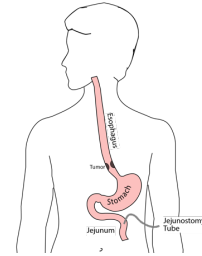
### Gastrostomy Tube

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

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### Jejunostomy Tube

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



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### 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

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### 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

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### Jejunostomy Video

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



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