

# 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**

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 bypasses 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 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



