Name: ____________________________ Date: __________________

Your current weight: __________________

Your estimated nutritional requirements:
- Calories: ____________________ calories per day
- Protein: _____________________ grams per day
- Fluid: _______________________ mL per day

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Amount of Formula</th>
<th>Water Flushes</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

1 syringe = 60 mL water, 2 syringes = 120 mL water
Important Notes:

- Follow this schedule closely to prevent problems such as nausea, vomiting, stomach fullness, bloating, constipation and diarrhea. If you have these symptoms, refer to your Tube Feeding at Home guidebook for tips to help manage them.

- Your tube feed schedule may need to be adjusted as your condition changes.

- Weigh yourself every week.

- Contact your dietitian if you are concerned about your weight or if you have questions about your tube feed schedule.

- It is important to continue eating and drinking if you are able.

- You may adjust your tube feed intake based on the amount you can eat at meals.

- At meal times, eat what you can first and then do your tube feed to top up your intake. For example:
  
  If you eat 25% of a normal meal or less, do a full tube feed.

  If you eat 50% of a normal meal, do half of your tube feed.

  If you eat 75% of a normal meal, do ½ bottle of tube feed.

  If you eat 100% of a normal meal, you do not need to do a tube feed. Make sure you flush your tube with water at least twice each day.
Your Tube Feed Supplies

Formula: _________________________________________________________
Alternate Formula: ________________________________________________
Syringe: _________________________________________________________

You may also need:
- Feeding Set: ___________________________________________________
- IV Pole: _______________________________________________________
- Pump: _________________________________________________________
- Other: _________________________________________________________

Where to Buy Your Tube Feed Supplies

Talk to your dietitian for more details.

Where to Rent an IV Pole

Canadian Red Cross – Talk to your dietitian for more details.

Visit our website: www.bccancer.bc.ca