

# Tube Feeding (Gravity)

## Transition to Oral Intake

Transitioning from tube feeding to eating should happen gradually since you will need to consume enough calories, protein and fluid by mouth to maintain your weight. As you transition off your tube, you may notice that your weight drops slightly, which is normal. If your weight continues to drop after the first few days, you may not be ready to reduce your formula. Therefore, it is important to monitor your weight at home.

Eat a well-balanced diet to get enough nutrients and keep your body healthy. If you are having trouble eating enough food, try eating smaller meals five to six times a day rather than three larger meals. It is also important to drink plenty of fluids.

The amount you eat and drink should be equal to the calories, protein and fluid that you would have received from the canned formula. For example, if you decrease your feedings by two cans, and each can provides 300 calories, 15 grams of protein and 1 cup of fluid, then you will need to eat about 600 calories, 30 grams of protein and 2 cups of fluid per day. Keep a food/beverage journal to help determine calorie, protein and fluid intake.

	Week 1	Week 2	Week 3	Week 4
<b>Feedings per Week</b> (Continue to flush your tube as advised.)	Reduce your tube feeding to: ____ cans of formula ____ times per day	Reduce your tube feeding to: ____ cans of formula ____ times per day	Reduce your tube feeding to: ____ cans of formula ____ times per day	Reduce your tube feeding to: ____ cans of formula ____ times per day
<b>Extra Feeding</b>	Each day take an extra: ____ calories ____ grams of protein ____ cups of fluid	Each day take an extra: ____ calories ____ grams of protein ____ cups of fluid	Each day take an extra: ____ calories ____ grams of protein ____ cups of fluid	Each day take an extra: ____ calories ____ grams of protein ____ cups of fluid
<b>Comments</b>				
<b>Goals for Feeding</b>	<b>Each day you will need:</b> ____ calories ____ grams of protein ____ cups fluid <b>One can of _____ provides:</b> ____ calories ____ grams of protein ____ cup(s) fluid			

If you experience weight loss of more than five pounds or have any questions about your tube feeding or oral intake, please contact your registered dietitian at the Baptist MD Anderson Cancer Center.