

*Nourishing* every day.



## Maintaining Personal Health

Tips for keeping your mouth, nose or tube site healthy while tube feeding.

### **MOUTH**

When receiving nutrition via a feeding tube, it's easy to forget that good oral health is still important. The following steps are recommended to help keep your mouth as clean as possible.

Brush teeth, gums and tongue at least two times a day using toothpaste and a soft toothbrush.

To moisten mouth, if allowed, use ice chips, hard candies or chewing gum.

Freshen mouth and breath using mouthwash.

To moisten lips, use lip balm or lanolin-based moisturizing cream.

To prevent chapping, avoid licking lips.

Report bleeding or anything unusual to your healthcare professional.

### **NOSE**

If you have a nasogastric or nasointestinal tube, it is important to take care of your nose as the tube may cause mild soreness or mucus in your nostrils.

On a daily basis, change tape holding feeding tube in place. When re-taping, allow some slack so the tube does not rub against nostrils.

Clean nostrils at least once a day with a soft washcloth or cotton swabs moistened with warm water.

Remove sticky tape residue with a special adhesive remover.

Remove crusting on nostrils with warm water on a cotton swab.

Report any redness, bleeding, numbness or anything unusual to your healthcare professional.

### **TUBE SITE**

If you have a gastrostomy or jejunostomy tube, care of the skin surrounding the feeding site is very important.

Wash hands thoroughly.

Remove old dressing and tape, being careful not to disturb the tube.

Cleanse the skin around the tube daily with soap and water as directed by your healthcare professional.

Check the tube site every day for signs of redness, soreness, swelling or unusual drainage.

Report anything unusual to your healthcare professional.

Dry the skin around the feeding tube site thoroughly. Healed gastrostomy or jejunostomy sites usually do not need a special dressing. If a dressing is required, follow the instructions from your healthcare professional.

[www.Peptamen.com](http://www.Peptamen.com)



**Follow any other special instructions from your healthcare team.**

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