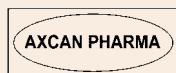


# CF Health Matters



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## G-Tube Feeding: Eating Without Effort

### Nutrition Recommendations and Management of the CF patient

Maintaining a healthy weight can be very hard for people with CF. Good nutrition can help you when you get sick, especially when your lungs are affected. Your energy needs are about 1.5 times the needs of a person without CF. In addition to a high calorie/high fat diet, the best possible enzyme therapy is needed for you to have a healthy weight.

If you are unable to gain or maintain your weight your dietitian may:

1. Help you to maximize the number of calories in your diet
2. Encourage you to use high energy "milkshakes"
3. Adjust your enzymes to get the most out of the food you are eating. (a 3-day food record and a 3-day stool collection may be required)
4. Test you for diabetes, as it can cause unexplained weight loss.

If you are still unable to reach an ideal weight then a gastrostomy tube (G-tube) may be recommended to help you take in all the calories you need.

### Why Might A G-tube Be A Good Idea

1. You are unable to take in enough calories
2. You have lost your appetite or have noticed it is not as good as it used to be.
3. You often vomit from coughing and/or have severe heartburn
4. You are unable to regain weight that was lost when you were sick
5. You are trying to reach a good weight for lung transplant

### When Can A G-tube Be Used?

A G-tube can be used during the day or at night while you are sleeping for extra calories.

### G-Tube Insertion

A date for G-tube placement will be booked once the decision is made. A doctor will place the tube through your stomach while you are sedated and cannot feel any pain.

### Starting the Tube Feedings

You will need to stay in the hospital for a few days to a week in order to learn how to use the G-tube and to make sure that everything is working well. When the G-tube is placed, it will not be used for about 24 hours to allow for some healing and rest. When your CF team thinks it is ready to be used the feedings will be started slowly and watched closely to make sure your stomach has adjusted to the new feeding tube. Your dietitian can figure out the calories you need from your G-tube to help you gain weight. The G-tube site takes 3-6 weeks to fully heal.

### Type of Nutritional Formula To Use

You may be wondering what goes in a g-tube. It is a liquid that looks a lot like milk. The general term used for this liquid is a 'nutrition formula'. They are special because they contain a lot of calories and nutrients to help you gain weight. Some formulas need you to take enzymes and some formulas do not. Your dietitian will help you choose the type of formula that is the best for you. If enzymes are needed, your dietitian will figure out how many you should take and when you should take them.

### Follow-up

You will continue to be followed through the CF clinic to keep an eye on your progress and to help you with any problems that may develop.

If you are interested in learning more about the 'G-tube' and what it can do for you please ask a member of your CF team to provide you with more information.