

HEN – Troubleshooting

home enteral nutrition

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Problem	Possible Causes	Action	Contact
Aspiration Symptoms: coughing, choking, gurgly voice after feeding; recurrent chest infections	<ul style="list-style-type: none"> • Reflux of formula • Food or fluid entering the lungs 	<ul style="list-style-type: none"> • Cease administration of feed • During feed ensure a semi-up right position of at least 30° degrees. • Remain in up right position for at least 30 minutes following feed. 	If you suspect aspiration go to the emergency department in your area or call an ambulance.
Hypergranulation or overgrowth of granulation tissue (proud flesh)	<ul style="list-style-type: none"> • Many causes 	<ul style="list-style-type: none"> • Check the tube is fixed correctly (not too loose or too tight). Does not require treatment unless it is causing major problems such as bleeding. Persistent over-granulation may require medical treatment 	There are specific medications and treatments for hypergranulation. Contact your nutrition support health professional or seek medical advice
Nausea and Vomiting	<ul style="list-style-type: none"> • Feeding too quickly. • Person not in correct position when having feeds. • Formula too cold. • Constipation 	<ul style="list-style-type: none"> • Sit up at 30 degree angle or more while feeding and for 30 minutes after. Ensure formula is given at room temperature. If vomiting continues, stop the feed and seek medical advice 	Contact your nutrition support health professional or seek medical advice.

Reorder Code 10108308 Home Enteral Feeding – Troubleshooting



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Problem	Possible Causes	Action	Contact
Dehydration Symptoms include: excessive thirst, dry mouth, cracked lips, weight loss, fever, decreasing urine output.	<ul style="list-style-type: none"> • Persistent diarrhoea and/or vomiting. • Prolonged fever • Insufficient fluid intake. 	<ul style="list-style-type: none"> • Give more water via tube 	Contact your nutrition support health professional or seek medical advice.
Constipation	<ul style="list-style-type: none"> • Inadequate fluid intake. • Medication. • Inadequate fibre intake • Decreased physical activity 	<ul style="list-style-type: none"> • Ensure prescribed volume of formula and fluid is given. 	Contact your nutrition support health professional or seek medical advice.
Diarrhoea	<ul style="list-style-type: none"> • Medications being taken. • Formula being given too quickly. • Formula too cold. • Formula may be contaminated with 'bugs' (bacteria) 	<ul style="list-style-type: none"> • Check with your doctor to make sure medication is not aggravating your diarrhoea. • Discuss the formula and infusion rate with your nutrition support health professional. • Allow formula to reach room temperature prior to use. • Ensure preparation and storage of formula is hygienic. 	Contact your nutrition support health professional or seek medical advice.

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