# 10 Things to Know

## Exploring the Option of a Feeding Tube

1. **Think about it now**
   Allow yourself time to learn about feeding tubes, so you can make the best decision for yourself.

2. **Talk to your ALS team**
   You don’t have to wait for your care team to bring up feeding tubes. You can start the conversation any time.

3. **Knowledge is power**
   Ask your ALS clinic team and The ALS Association for trusted resources to educate yourself.

4. **Include your loved ones**
   Include your loved ones in conversations about the benefits and barriers to having a feeding tube.

5. **Timing matters**
   Weight loss and breathing ability will impact the best timing to have a feeding tube placed. Talk with your ALS team for help determining the right time.

6. **Minor surgery**
   The procedure is typically done out-patient, and anesthesia is required. A small incision is made in the abdominal wall and a flexible tube is inserted into the stomach.

7. **Feeding tubes are not just for nutrition**
   A feeding tube can make taking medications and additional fluids easier.

8. **You can still eat**
   Unless you have been advised that your swallow is unsafe, you can continue to eat foods for enjoyment and use the feeding tube to supplement your nutrition.

9. **You maintain control**
   You can make your own decisions about when to use a feeding tube, just as you would decide about when to eat and drink.

10. **It won’t impact your usual activities**
    A feeding tube should not interfere with the activities you enjoy.