

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.



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.



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.



7 **Feeding tubes are not just for nutrition**

A feeding tube can make taking medications and additional fluids easier.



3 **Knowledge is power**

Ask your ALS clinic team and The ALS Association for trusted resources to educate yourself.



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.



4 **Include your loved ones**

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



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.



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.



10 **It won't impact your usual activities**

A feeding tube should not interfere with the activities you enjoy.