

"THE ONE THING  
THAT HOME ENTERAL  
NUTRITION HAS ALLOWED  
ME TO DO IS TRAVEL"



## TOM'S STORY

When I was about thirteen, I started getting stomach problems. And about after five years I got diagnosed with gastroparesis, and that's what led me to being in need of enteral nutrition. Within those five years I had quite a lot of visits to hospital including some longer stays. Having gastroparesis meant I was being sick quite a lot. So my consultant decided to put me on a PEG-J feeding tube.



**Age of patient**  
22 years old



**Reason for home artificial nutrition**  
Diagnosed with gastroparesis



**Type of therapy**  
Home Enteral Nutrition



**Length of treatment**  
5+ years



**Country**  
United Kingdom

# TOM'S STORY

## BRIEF STORY ABOUT EXPERIENCE ON HOME ARTIFICIAL NUTRITION

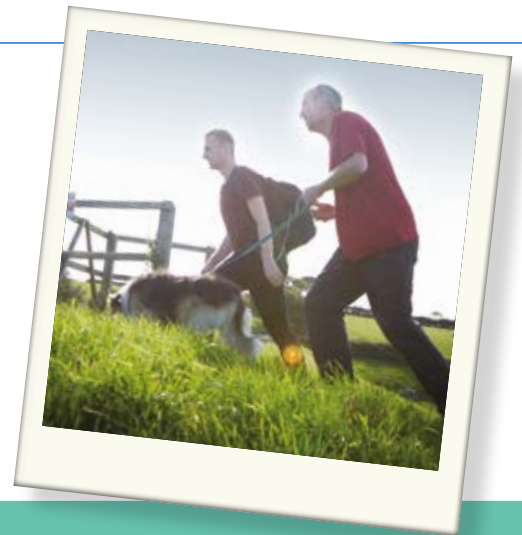
After my operation I felt slightly apprehensive, as I think most people would, I was quite relieved as it was going to give me a new lease of life. I got diagnosed with my gastroparesis and my consultant noted that enteral nutrition therapy was the best option for me. Being fed by a feeding tube wasn't completely alien to me as I had been fed by nasal tubes previously. It was quite a positive move being on a PEG-J tube, as it was able to give me a more normal life and more energy.

## DESCRIBE YOUR DAILY, WEEKLY ROUTINE INCLUDING HOBBIES AND ACTIVITIES:

My routine starts off with flushing my tube when I wake up, with meds and water, just to make sure my feeding tube doesn't get blocked. I see my tube nurse about every three months, when she comes to change the end of my tube as the thread goes after time. She has taught me how to do it myself, which has come in quite handy when I've been away.

Since being on a feeding tube I've got my driving licence, which has been great, as it allows me to drive all over the country to see football games. I loved playing football before I was ill, but I realized being on a feeding tube I wasn't able to play football as I wanted to, so I've had to adapt. I do football coaching a couple of evenings a week, which still allows me to be involved with something I love.

I always wanted to try surfing, and I live only ten minutes away from the beach, but I never thought that I could do that in my situation. When I was in Canada recently, I was staying at a hotel which had a surf shack, and I went there and spoke to them to see if it was a thing I could do. And yeah, we adapted and I really enjoyed it!



## WHAT ADVICE WOULD THE PATIENT GIVE TO NEW PATIENTS?

My advice to other people with a feeding tube is to try and stay positive, and set yourself small goals as it can take a while to adjust. You might not be able to choose your situation, but you can choose how you deal with it.

