

INTOLERANCE CHECKLIST

Tube Feeding Intolerance Checklist

You can use the checklist below to help see if you may be suffering from tube feeding intolerance.

Check the items below that tell how you are feeling. It helps to add notes to better describe how often the symptom(s) occur and how long they last.

Check all that apply

Notes on severity, frequency and duration

Nausea
(feeling sick to your stomach)

Vomiting

Reflux (feeling like your stomach contents are coming back up in your throat)

Feeling of Fullness

Bloating or swollen belly/abdomen

Diarrhea/loose stools

Constipation

Feedings are being stopped or you need to slow down the rate of feedings because you feel unwell

If you checked one or more of the above, you may have tube feeding intolerance.

Talk to your healthcare professional about how to manage these symptoms and if there may be another feeding formula to help make your feedings easier and more comfortable.