



Tube Care Starter Guide

Simple, Practical Guidance for Everyday Tube Care

Maritz Medical Solution, LLC

Bridging the Gap in Tube Care

Starting Tube Care at Home

Bringing tube care home can feel overwhelming at first. Many patients and caregivers leave the hospital with instructions — but without a clear system for managing care day to day.

This guide is designed to help you:

- Get organized
- Simplify daily care
- Reduce stress and uncertainty
- Build confidence over time

This is not about perfection. It's about creating a system that works in real life.

What You May Experience Early On

- Uncertainty about performing new daily tube care routines
- Unprepared with supplies or unclear how to apply what was taught
- Frustrated with constant adjustments
- Unsure how to adapt care into everyday life

Most of these challenges come from not yet having a consistent system in place.

Supply Checklist (Quick Start)

Basic Supplies:

- Syringes for flushing and feeding
- Gauze or cleaning materials
- Split 2x2 sponges
- Skin care products (*as directed by your provider*)
- Water or saline for flushing (as recommended by your medical team)
- Measuring tools (*for accurate flushing amounts*)
- Formula or nutrition supplies (*only begin feeding when instructed by your medical team*)

Helpful Setup Tips:

- Keep Supplies in one designated area
- Restock before running low
- Keep your setup simple and repeatable

Watch Step-by-Step Video Guidance

Scan below for short, practical videos that walk through real-life tube care setup and routines.

Includes:

- Preparing your space
- Supply overview
- Tube securement basics
- Cleaning and flushing routines
- *Medication instructions should be provided by your medical team*

Watch Tube Care Video
Library



Tube Securement & Daily Routine

Understanding Tube Securement

Tube securement is often a challenge after placement. Many people rely heavily on tape, which can:

- Irritate the skin over time
- Require frequent removal and reapplication
- Make care more time-consuming

More consistent securement can help:

- Improve comfort during movement
- Reduce repeated adjustments
- Make feeding and care more efficient
- **Secure the tube to the body to reduce tension, tape use, and tugging**
- **Provide a lightweight, low-profile option that can be concealed under clothing**

See Video Library for tube securement guidance

Simplifying Your Daily Routine

Daily care becomes easier when it follows a consistent pattern.

Focus on:

- Performing steps in the same order each time
- Keeping supplies within reach
- Minimizing unnecessary adjustments

This consistency helps:

- Reduce missed steps
- Build confidence
- Make care more manageable over time

*See Video Library for step-by-step guidance on cleaning & flushing.
(Medication instructions should be provided by your medical team.)*

Ongoing Support for Tube Care

Tube care does not end after the first few days. Having a simple, repeatable system helps both patients and caregivers feel more confident over time.

Using a Daily Tracker

Tracking daily care helps ensure consistency and supports your medical team.

Track:

- Feeding amounts and timing (multiple small feedings may be given throughout the day as directed by your provider)
- Water flushes for hydration
- Medications administered
- Any symptoms or changes

Caregivers: Tracking helps you monitor patterns and communicate with the care team.

Tube Care Companion Notebook

For more detailed tracking and organization, a structured notebook can help bring everything into one place.

Includes space for:

- Daily feeding and hydration logs
- Medication tracking
- Notes and observations
- Important contact information

Available through Maritz Medical Solutions

What to Watch For

It is normal to experience mild soreness, slight redness and a small amount of blood around the tube site, especially early after placement.

Monitor:

- Mild redness that does not spread
- Slight discomfort at the site
- Small amounts of drainage

Contact Your Provider:

- Increasing redness or warmth
- Drainage with odor
- Persistent pain

Seek Urgent Care:

- Rapid swelling or spreading redness
(You may outline the area to monitor for expanding redness)
- Fever or chills
- Tube dislodgement or inability to use the tube

What to Do

- Monitor
- Follow instructions provided by your medical team
- Keep your supplies organized and accessible
If you have questions or are unsure, contact your medical provider.

Your Care Team Contacts

- Provider: _____
 - Clinic / Office: _____
 - Phone: _____
 - After-hours contact: _____
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You Are Not Alone in This Process

Adjusting to tube care takes time, but with the right tools, support, and routine, it becomes more manageable each day—Maritz Medical Solutions is here to support patients and caregivers with practical tools designed for real-life tube care.