

Sue

Eating, drinking and tube feeding

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I don't drink now. I didn't drink as much as Fran. I might have that much prosecco a week, but otherwise I like tea and coffee. I go out most days with friends for coffee. I don't drink at all now.

What I eat is different, but not that different really. Main thing I can't eat now is some salad, which I like, but generally I'm okay. I don't eat dry things. I can't eat them. But you know, if I'm careful, I'm okay. Touch wood.

But at home I'm better than when I'm out. I get more anxious when I'm out, and that makes it harder. Well, where we go, everyone knows me. So they look to see I'm relaxed now, like here. So I'm fine.

I've got my feeding tube, but I don't use it yet. Only for flushing. My respiratory consultant advised me to have it when my lungs are good, and she recommended I have it as soon as possible. I thought well, she knows so I had it done. I think that was really good advice.

I mean, I don't know to be honest. It was just the topic was brought up and I thought why not? I'm fine. I forget about it in fact, my friend often says, "Put your feeding tube away. It's dangling", and no problem. Right move. But I recommend having it early. It came out once, but that was all. I'm okay with it. I mean, I do the flushing, and I do check the balloon, I do all that, but I know who to get into contact with if there is a problem.

And Julie will come to my house, instead of me going to the hospital. I email them, and they come, I think to have it early when I did. I was more mobile, and I think that's the time to do it. Less far down the line, it makes sense. If you want a feeding tube, it's better having the feeding tube sooner rather than later. When I do need it, I'll be okay. But that's the theory.