



The nine stages of 'transitioning'

In my experience these are the stages you go through in transitioning from a PEG tube back to oral eating. It's an ongoing journey that brings a daily new experience.

I find it helpful to look back at the list and know that the journey also includes two or three steps backwards and then four steps forward.

Always!

1. Shock
2. Disbelief
3. Acceptance
4. Attempt
5. Fail
6. Despair
7. Motivation
8. Confidence
9. Continuance