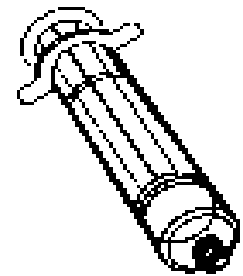


Using a syringe can be a convenient way to give your tube feeds if you are able to tolerate a faster feeding rate. Some people are not able to tolerate this method of tube feeding. If you feel full quickly, develop nausea or loose bowel movements with syringe tube feeding, talk to your dietitian about other methods that are easier to tolerate.

Set Up

1. Gather supplies on a clean surface.
 - ✓ Formula
 - ✓ 2 x 60 mL syringes – one for feeding and one for flushing
 - ✓ Room temperature water for flushing
2. Check your feeding tube placement according to your doctor's recommendations.



Syringe

Prepare for Your Tube Feed

1. Wash your hands thoroughly with soap and warm water.
2. Formula should be at room temperature.
3. Remove refrigerated formula about 30 minutes before using.
4. Check the expiry date of the formula. Do not use expired formula.
5. Shake the formula well and wipe the top of the container with a clean, damp cloth before opening.

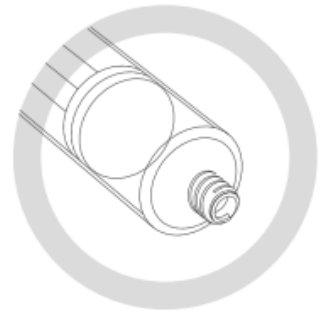
Start Your Tube Feed

There are two ways to do syringe feeds.
Plunger Method or Funnel Method.

Method 1: Plunger Method

1. Follow your tube feed schedule. Pour your formula into a wide mouth container or glass. Do not mix medications with formula.
2. Sit or recline in a comfortable, upright position.
3. Use pillows to prop your head at least 30 – 45 degrees while you are tube feeding.

4. Flush your tube with water according to your tube feed schedule:
 - a. Fill the syringe with lukewarm water.
 - b. Twist the tip of syringe securely into feeding tube.
 - c. If you have a clamp or stopcock on your feeding tube, open it. Push the syringe plunger.
 - d. Close the clamp or stopcock, or pinch your tube and remove the syringe.
5. Draw up 60 mL of formula in another clean syringe.
6. Open the clamp or stopcock on your feeding tube if you have one.
7. Slowly push the syringe plunger to move the formula through the tube.
8. Close the clamp or stopcock, or pinch your tube. Remove the syringe.
9. Repeat until you have fed the desired amount of formula.



SYRINGE (Standard Tip)

Method 2: Funnel Method

1. Follow your tube feed schedule. Sit or recline in a comfortable, upright position. Use pillows to prop your head at least 30 – 45 degrees while you are tube feeding. Do not lie flat.
2. Flush your tube with water according to your tube feed schedule.
 - a. Fill the syringe with lukewarm water.
 - b. Twist the tip of the syringe securely into the feeding tube.
 - c. If you have a clamp or stopcock on your feeding tube, open it. Push the syringe plunger.
 - d. Close the clamp or stopcock, or pinch your tube and remove the syringe. Close the cap on your tube.
3. Remove the plunger from another clean syringe. Twist the tip of the syringe securely into your feeding tube.
4. Hold the syringe at the level of your stomach and pour formula into it. Raise the syringe until formula empties from the syringe at a gradual rate.
5. Continue to add formula as the syringe empties until you have taken the desired amount. Do not let the syringe empty. This may introduce extra air and cause gas or bloating.

When Your Tube Feed is Done

1. Wash your hands thoroughly with soap and warm water.
2. If you have a clamp or stopcock on your feeding tube, close it. Disconnect the syringe.
3. Flush your tube with water according to your tube feed schedule.
4. Change tube feed supplies every 24 hours as per manufacturer's instructions. Remain upright/keep head elevated 60 minutes afterwards.

How to Clean and Store Your Tube Feed Supplies

Formula Unopened containers should be stored in a dry place at room temperature.

For cans, tetra paks or bottles:

- Follow the manufacturer's guidelines for formula storage.
- Label the formula with the date and time you opened it.
- Opened containers may be stored at **room temperature** for up to 8 hours. Discard any formula left over after 8 hours.

Opened containers may be stored **in the fridge** for up to 24 hours. Discard any formula left over after 24 hours. Visit our website: www.bccancer.bc.ca

Syringes Use separate syringes for formula, water flushes, and medications. Rinse your syringes between tube feeds. Discard syringes as per manufacturer's instructions

ENFit Tubes See cleaning steps on the next page.

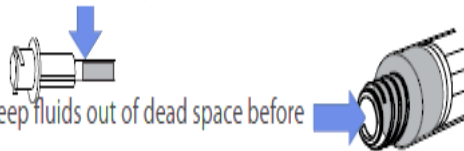
ENFit® Cleaning Procedures

Feeding Tubes with Male ENFit Connectors

(e.g. Nasogastric, Transpyloric, Orogastric, Percutaneous Endoscopic Gastrostomy Tubes and other ENFit devices)

Tips for keeping ENFit feeding tube ports clean. Inspect before you connect!

- **Priming Feeding Sets** - Stop priming before fluid reaches the end of the tube.
- **ENFit Syringe Draw Up** - Wipe medication and nutrition from tip/outer threads, keep fluids out of dead space before connecting to feeding tube.



For best results, follow these instructions to clean tubes at least once a day or whenever material is visible.

Tube Cleaning Supplies & Terms				
Note: Use a disposable brush or follow manufacturer's instructions if using ENFit specific cleaning brush.				
1		2		
3		4		5
6		7		
<p>3 Plug center hole of feeding tube port with brush bristles. Forcefully flush moat with water.</p> <p>4 Rotate brush in bottom of moat.</p> <p>5 Rinse cap with clean tap water.</p> <p>6 Insert bristles into feeding tube cap and rotate brush in cap to clean.</p> <p>7 Wipe feeding tube port and cap with gauze. Clean supplies and allow to air dry.</p>				

Repeat steps 3 through 6 until cap and tube are thoroughly clean.

* A manual toothbrush is regulated as a medical device intended to remove debris from the teeth in some jurisdictions. Consult your licensed healthcare provider or Risk Manager regarding recommended use for cleaning feeding tube ports. Dispose of single use devices as instructed. Cleaning procedures courtesy of Children's Mercy Kansas City.
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