

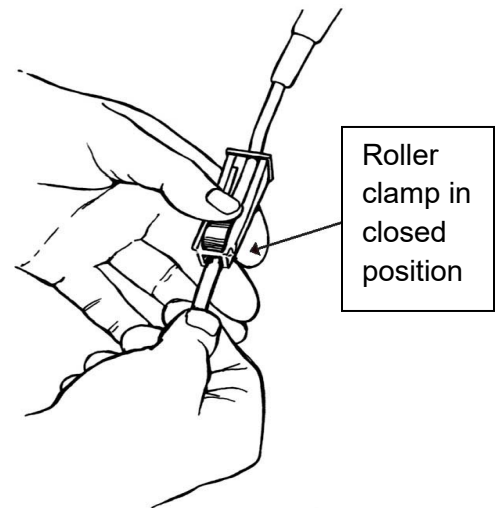
How to Give Tube Feeds by Gravity

Set Up

1. Gather supplies on a clean surface.
 - ✓ Formula
 - ✓ Feeding set (bag with tubing)
 - ✓ 60 mL syringe
 - ✓ Room temperature water for flushing
 - ✓ I.V. pole or hook for hanging the feeding set
2. Check your feeding tube placement according to your doctor's recommendations.

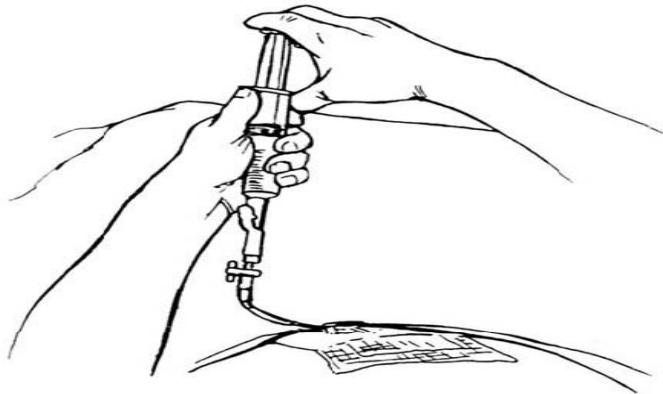
Prepare the Feeding Set

1. Wash your hands thoroughly with soap and warm water.
2. Formula should be at room temperature. Remove refrigerated formula about 30 minutes before using.
3. Check the expiry date of the formula. Do not use expired formula.
4. Shake the formula well and wipe the top of the container with a clean, damp cloth before opening.
5. Close the roller clamp on the feeding set.
6. Follow your tube feed schedule and pour the recommended amount of formula into your feeding set.
7. Hang the feeding set on an I.V. pole or hook about two to three feet above your head.
8. Prime the feeding set by opening the roller clamp to let the formula flow to the end of the tubing.
9. Close the roller clamp just before formula reaches the tip of the feeding set.



Start Your Tube Feed

1. 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:
 - Fill the syringe with lukewarm water.
 - Twist the tip of the syringe securely into the feeding tube.
 - If you have a clamp or stopcock on your feeding tube, open it. Push the syringe plunger.



- Close the clamp or stopcock, or pinch your tube and remove the syringe.
3. Attach the tip of the feeding set to your feeding tube.
 4. If you have a clamp or stopcock on your feeding tube, open it.
 5. Open the roller clamp on the feeding set to allow a steady drip of formula.
 6. To adjust the rate of your tube feeds, adjust the roller clamp or the height of your feeding set (higher = faster, lower = slower).

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.
3. Disconnect the feeding set and close the cap on your tube.
4. Flush your tube with water according to your tube feed schedule.
5. Change your tube feed supplies every 24 hours as per manufacturer's instructions.
6. Remain upright or keep your head elevated for at least 60 minutes after each feed.

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 unused formula after 8 hours.
- Opened containers may be covered and stored **in the fridge** for up to 24 hours. Discard any unused formula after 24 hours.

Feeding Set

Rinse your feeding set between tube feeds.

Discard feeding set every 24 hours as per manufacturer's instructions.

Syringes

Use one syringe for water flushes and a separate syringe for medications.

Rinse your syringes between tube feeds.

Discard syringes as per manufacturer's instructions.

ENFIT Feeding Tube – see instructions on the next page

Visit our website: www.bccancer.bc.ca

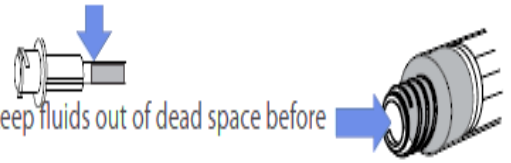
ENFit® Cleaning Procedures

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					
Cup of sterile or clean tap water	Syringe	Gauze	Brush* or ENFit specific cleaning tool	ENFit Feeding Tube	
Note: Use a disposable brush or follow manufacturer's instructions if using ENFit specific cleaning brush.					
1				2	
Wash hands with soap and water or use gloves. Rinse brush with tap water.					Fill syringe with water.
3	4	5	6	7	
Plug center hole of feeding tube port with brush bristles. Forcefully flush moat with water.	Rotate brush in bottom of moat.	Rinse cap with clean tap water.	Insert bristles into feeding tube cap and rotate brush in cap to clean.	Wipe feeding tube port and cap with gauze. Clean supplies and allow to air dry.	

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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